

Are you looking for a short introduction to Life Management? Or a review of what it takes to keep your life in balance? In less than an hour of reading, Dr. Linda A. Smith provides suggestions to piece together the eight components of life's puzzle: career, money management, education, health and well-being, interpersonal relationships, spirituality, leisure time, and fun. *Here's What It Takes...to be Healthy, Wealthy, and Wise* includes a brief mention of the best strategies commonly recommended for a successful life. The booklet is an outline for further study or a brief review for the skilled individual looking for a quick refresher. It could be used as the basis of a community, educational or church study group, or a skeleton to be fleshed out by self-study. A Personal Planner provides the reader with an interactive opportunity to create an action plan to make improvements in the eight essential areas of life.

*Here's What It Takes...to be Healthy, Wealthy, and Wise* by Dr. Linda A. Smith, AuthorHouse, Bloomington, IN; 2008. 65 pages.

Reviewer : Joann Driggers