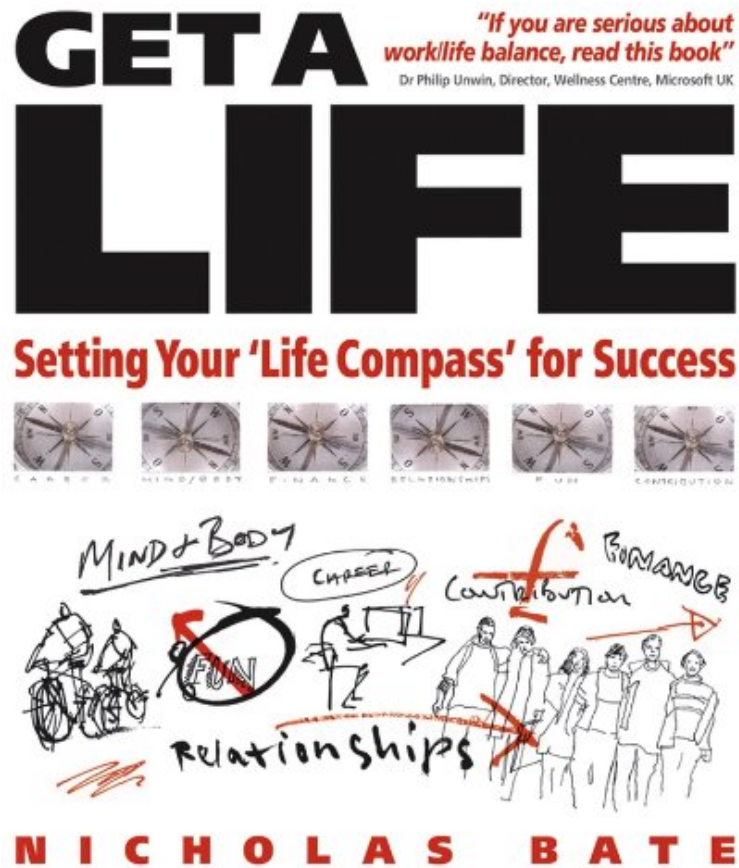


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Get a Life: Setting your 'Life Compass' for Success

Nicholas Bate

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Nicholas Bate : Get a Life: Setting your 'Life Compass' for Success before purchasing it in order to gage whether or not it would be worth my time, and all praised Get a Life: Setting your 'Life Compass' for Success:

0 of 0 people found the following review helpful. I love the way she weaves so many things into the ...By Nona van HeerdenI love the way she weaves so many things into the novel - human frailty, politics and an awesome description of the Black Eagle0 of 1 people found the following review helpful. One StarBy aligonzi did not enjoy the book3 of 3 people found the following review helpful. difficult but rewardingBy Aleksandra Nita-LazarNadine Gordimer's novel, "Get a Life" is not a bedtime story or a nook to take on a plane. It requires attention and leaves the reader with a burden of thoughts.The starting point is a very unusual, extreme situation: Paul, an otherwise healthy, active ecologist in his mid-thirties is diagnosed with thyroid cancer. He undergoes treatment, which, although effective, renders him radioactive and therefore potentially dangerous for those close to him. He decides to separate himself from his wife, Berenice, and his son, Nicky, and to stay in his parents' home, in maximum possible isolation. The forced solitude prompts Paul to think about his relations with people, to re-evaluate his marriage and to feel even more rooted in the world around him (although, paradoxically, also more alienated from it.Paul's experience deeply affects his closest

family - his parents, Lyndsay, a lawyer, and Adrian, a businessman with longings towards archeology, look into their past, and make unexpected decisions about their future. Berenice feels the change in Paul and the shift in their feelings to each other. Paul's cancer experience changes not only his own life; it transforms the people around him. They seem at the same time more separate, distinct individual entities, and more connected to the network that is the world. As if their senses became sharper, more refined. Gordimer writes with clarity, analytically, looking at the characters from all angles; the novel has an omniscient narrator, and the universal becomes very personal. Despite the clear logic, the novel is not a breeze to read. It was a slow journey through the meandering words and I have to admit that sometimes I thought I'd give up. Luckily, always some breakthrough in the plot happened in these moments of doubt and this way I made it to the end. The multiplicity of weighty subjects (all kinds of interpersonal relations; post-Apartheid South Africa; nuclear energy and its impact on civilization, nature and medicine- to name a few; incidentally, nuclear fission is what becomes a kind of a bracket connecting everything here) together with complex, rich prose, made me pause often - there was just too much to think about and it was not possible to finish this novel at one sitting. But it was worth the effort. I liked the dual meaning of the title: the colloquial exclamation encouraging to do something with your life; and the understanding of life; the first possible to accomplish with a little effort, the second - not at all.

Get a Life focuses on raising self-awareness and finding proactive ways to improve your life. Guides you through six key areas of your life: Career, Mind/Body, Finance, Relationships, Fun and Contribution. Features text case studies and challenge points all designed to help you get to the heart of what it is that motivates you and what you wish to achieve. Challenges you to reflect upon the way you think and behave and provides strategies for implementing changes. "Get a Life adds new and compelling dimensions to the idea of personal effectiveness both at work and at home. It balances some 'killer app' personal productivity tools alongside tremendous insights to manage your life goals and excellent advice on physical and mental well-being to achieve a winning performance-indispensable."
—Mike Dunlop, HR Manager, Sun Microsystems

"...crammed with practical ways to improve your life..." (Aurora, January 2005) "...this book is a keeper...getabstract.com recommends this book to those who want to reshape their lives for satisfaction, happiness and productivity at work and at home." (getAbstract.com, 30th September 2005) From the Inside Flap Life can be messy. We've all taken a few wrong turnings. What if there was a better way to navigate the uncertainty? There is. Get a Life contains practical ways to help you improve your life. It guides you through six areas of your existence. Career Mind/Body Finance Relationships Fun Contribution It challenges you to rethink your whole approach to life and make sure you get the best out of every opportunity that comes your way. Get a Life will break some deep-seated limiting beliefs you hold about yourself. Allowing you to: Create an integrated life —; where the sum of the parts of your life work harmoniously together instead of competing against one another. Establish some true motivators for your life beyond money, pressure, adrenalin and caffeine —; such as freedom, fun and love. You will see how to go after what you really want in life. Regularly invest in yourself —; you will discover how to lift yourself above a life of long hours, poor diet and low appreciation. The difference will amaze you. Change your mind-set for the better —; so much of what we do and don't achieve in life is dictated not by what we do but by the way we think about it. Adopt a new approach for life (not just for Christmas!) —; you will see how you can stay on track for life, whatever challenges and setbacks might come your way. Achieve lasting happiness and contentment —; after all, this is what we all want from life isn't it? Get a Life. The difference will amaze you. From the Back Cover Why settle for OK? We know deep down that —; you are capable of so much more, and yet with everything else going on, —; you rarely have the time or the energy push yourself to fulfil your aspirations. —; It can be incredibly frustrating to know that a better life is just around the corner. But there is a way out.