



# Life, Incorporated: A Practical Guide to Wholehearted Living

*Halley Bock*

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# Life, Incorporated: A Practical Guide to Wholehearted Living

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## Live Life from the Inside Out

Despite living in a hyperconnected world, individuals are more disconnected from each other and themselves than ever before. In her engaging new book, *Life, Incorporated: A Practical Guide to Wholehearted Living*, Halley Bock will inspire you to slow down, wake up, and pay mindful attention to all facets of life in order to generate self-worth and to live whole, more gratifying lives.

In conversational prose, Bock shares her own experiences and guides you toward purposeful living—what she terms living life from the inside out—with topics ranging from inner life, wellbeing, and a personal mission statement to core values, avocation and vocation, and relationships. Bock's focus on connection to the self and others makes *Life, Incorporated* particularly intriguing. *Life, Incorporated* is a must-read for anyone interested in redefining and recapturing life and provides a revolutionary alternative to the age-old money = happiness mind-set.

Bock expertly braids her personal path to fulfillment with compelling activities, thought-provoking quotations, and life-changing lessons that will captivate, along with a journal component to ensure that you can put this work into practice. Securing mindfulness and balance—from the inside out—is the only way to achieve fulfillment and real happiness. Bock shows you just how to make that happen.

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