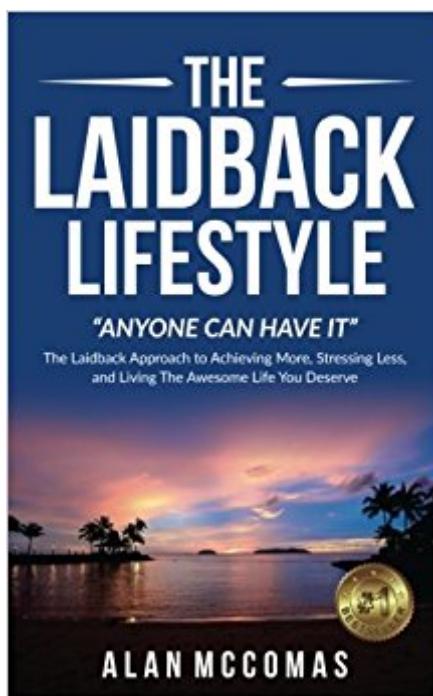


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# The Laidback Lifestyle (Anyone Can Have It): "The Laidback Approach To Achieving More, Stressing Less, And Living The Awesome Life You Deserve.



## Synopsis

The Laidback Lifestyle is about being happy. Have you ever wondered why some people are happy and others are not? It's not about money because there are a lot of unhappy people in the world with money. Happiness is "LIVING LIFE ON YOUR TERMS." All you need are some basic principles to follow each day. It doesn't have to be complicated. In fact, it's mandatory that you do not make it complicated. If you make it complicated it defeats the whole purpose. The Laidback Lifestyle is a simple, easy-to-read book with tips on how you can increase your productivity all while minimizing the stress in your life. Work smarter and not harder.

It's about the attitude and mindset. Obviously, there are many things that are not in our control in our lives but we always have control over our attitude and mindset. Most people never have this type of life. They live their entire life full of worry, trying to get ahead or just catch up in most cases and then they die without really enjoying the ride. And we only get one ride. This is not what life should be about for anyone. Even if you don't think that you're naturally a laidback person, this trait is very attainable no matter your situation or personality. Whether it's not enough money, love, or happiness, anyone can improve their current situation with these basic tips on living your day-to-day life.. This is not a scientific reference book with a lot of facts and theories. This is common sense, ways to improve your life. And most importantly do it with a SENSE OF HUMOR. You can't accomplish this if you don't laugh. Reading this book may not be a "drastic overnight life changing experience" but it will improve your life one little piece at a time. In The Laidback Lifestyle Book you will learn how to: 1. Simplify the complicated stuff 2. Organize yourself (inside and out) 3. Look at the world with a sense of humor 4. Not be an asshole. 5. Make yourself useful to others and yourself 6. Enjoy your life and appreciate it no matter what 7. Use the time that you have left wisely 8. Find your passion 9. Not worry about the little things 10. Live life to the fullest no matter how much money you make At the end of this book is a list of books, audios, websites and blogs to help you continue on your journey to having a laidback life. So what do you have to lose? A few minutes a day? If you don't take the opportunity now, you will be doing the same thing next year that you did last year, and so it goes. If you don't change what you're doing now then you can't expect for things to be any different in the future.

## Book Information

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## **Customer Reviews**

Alan McComas is a consultant, real estate investor and #1 Best Selling Author Alan is Vice President at SEI Engineers, Inc. in Powell, Oh. Alan is an engineering consultant with SEI by day and an entrepreneur by night. In his spare time he has built a real estate investing business that buys, fixes, flips and rents single family homes. Alan started his house buying business in 2009 to create additional streams of income. Since then he has been involved in over 100 house deals and has built a substantial portfolio of investment properties. Alan is an avid golfer and is best known by everyone around him for his great sense of humor. He's just damn funny, easy to get along with and enjoyable to be around. He is committed to helping as many people as possible by sharing his thoughts and insights in his books about all aspects of life based on his personal and professional experiences.

There are so many books out there about how to de-stress, get real, enjoy your life...etc. They all seem to say the same things while taking themselves far too seriously. But now for something completely, refreshingly and entertainingly different with your kindly life guide, Uncle Alan McComas. He's a regular guy, wise, kind, caring, funny and the sort of person you'd just like to see at your family gettogethers. The kind of straight-up guy who's good value and just a pleasure to spend time with, who says something useful or valuable on a reliably regular basis. Read this book, spend a bit more than an hour with Alan, and come away feeling better (and more relaxed) for it. You might not get all the way to laid-back, but I promise you will think, you will laugh and you will be changed as a result. Life's short, there are more books than there is time...but don't miss this one!

I absolutely love this gem! It is so easy to read, and needed today where too many of us are stressed, worry about the wrong things, don't laugh enough and are on overload. The author breaks it all down into great categories and makes so much sense. There were so many takeaways. And I loved the pertinent and snappy quotes at the end of each chapter - several made me laugh outright. Simplifying life is a real goal of mine lately, and this book will help me to do it. My sin is multi-tasking and McComas lays out a good argument against it and the thousands of distractions that we encounter constantly... and how to clear the mind. Don't miss the story about Art! I recommend this book!

In today's time very hectic, fast-paced, rat race of life, Mr. McComas has written a book with excellent words of wisdom that apply to every and all aspects of our lives. It is good for us to "stop and smell the roses". Call a time out from our going nowhere fast to take a breath. It is just HONEST DOWN-HOME words of wisdom from someone who is your Best Friend. I thought the book was very well laid out: From the Intro to the Conclusion. The organization is very well thought out. There is a natural "Flow" from the previous chapter to the next". The Takeaways of each chapter are an excellent synopsis of the chapter. They capture the central point of each chapter... The Table of Contents is laid out in a very analytical and focused manner. I think Mr. McComas had me in mind when he wrote this book. I will reread it many many times as I apply the secret of the "LAID BACK LIFESTYLE".....

This is one of the few books I have found that addressing both a stress free life and also doing something about which you are passionate. But when you think about it, how can you address one without the other. Alan McComas uses a great sense of humor, storytelling, takeaways and appropriate quotes in each chapter. The net effect keeps you engaged in each chapter, and motivated to take action. I loved this book! If you ever want to live "The Laidback Lifestyle," grab this book now and start making changes!

Being a person who has worked diligently at modifying my life and overcoming anxiety and stress, I am always on the look out for self-help books that are written by people who have navigated similar obstacles and difficult influences in their life and I appreciate connecting with their stories and hearing the spin from their journey. The Laidback Lifestyle did not disappoint me. I enjoy the discoveries and wisdom documented through others achievements. It reinforces my personal

lessons, allows me to share a connection to the author, and it provides me with validation of the importance and extent to which both of us have made changes in life to better our situations and lifestyle. I feel I have a new friend. The Laidback Lifestyle is written in a very conversational tone as if sitting in the same room with the author, Alan McComas, and enjoying an evening hearing him recount the lessons learned and the principles and insights he has accumulated and compiled into a comprehensive learning guide so that he can share his success and understanding of how to achieve The Laidback Lifestyle. His humor is present on every page and I particularly liked his style of chapter wrap-ups he calls "Takeaways." The quotes the author has included summarizing the chapter concepts or lessons are reinforcing of his messages. I recommend this book to everyone as we all have room to grow. It is comprehensive in that it covers all aspects of life and lays the wisdom out in an orderly and progressive fashion that is easy and quick to read and his changes are very achievable. His belief and conviction is palpable in The Laidback Lifestyle that anyone can attain a life of lower stress if they are willing to examine the why's and how's of their decisions and the in's and out's of their relationships. The Laidback Lifestyle invites the reader to believe in what is possible.

I love the way this book is organized into quick, focused chapters with solid, down-to-earth advice on boosting up areas of your own life that leave you feeling less than laid back. Most of the advice sounded familiar, but Al's unique way of grounding the advice into everyday actions or attitudes makes the book work effectively. This book will be a great resource for years to come!

This book is matter-of-fact but laid out in a fun and easy to read type of way. And that is no easy feat. I love how it combined the concept of pursuing your dream and working hard, but also in a laid-back manner with a stress-free lifestyle. This is a duality that has plagued our society for generations now, and it is a balance that is deeply needed. Kudos to the author for laying it out for the rest of us this way!

If you think the laidback lifestyle is an unreachable dream, think again. Alan shows that there is a process to seeing the changes you want to make. With chapters like Be Positive and Live Within Your Means, Alan brings common sense to the process. He makes his point with stories, quotes, and the chapter-ending takeaways.

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