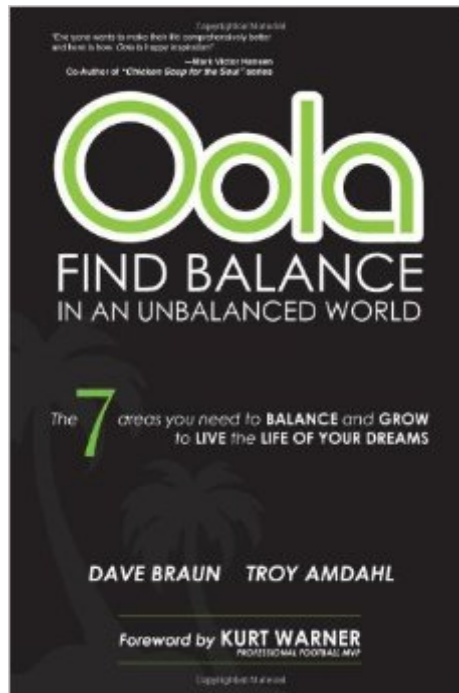


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# Oola Find Balance In An Unbalanced World



## Synopsis

Oola is not your typical self-help book. Oola is a "state of awesomeness," it's when your life is balanced and growing in the 7 key areas of life (Fitness, Finance, Family, Field, Faith, Friends, and Fun). Oola reads more like a collection of kick-butt anecdotes and sincere stories that just happen to have meaningful messages. Co-authors Dave Braun (The OolaSeeker) and Troy Amdahl (The OolaGuru) have been there and done that. Kurt Warner, NFL MVP, wrote the foreword. "What I have been seeking, and what I believe everyone is seeking ... is an OolaLife." Mark Victor Hansen (the "Chicken Soup for the Soul" co-author) says, "Oola is happy inspiration!" Oola has received glowing reviews from top authors, pro athletes, musicians, industry leaders, and Olympians. Need 7 more reasons to read this book: 1. Learn the three simple steps to balance and grow your life in an unbalanced world. 2. Uncover what blocks you from the life of your dreams and what can get you there faster. 3. Find out what you can learn from a drunken Thai monkey, a black Ninja, and zebra-striped underwear. 4. Why no matter what you have done or have failed to do, you deserve a better life. 5. Become inspired to take the steps, reach your milestones, and achieve your OolaLife. 6. Discover the 7 key areas of life you must balance and grow. 7. Unlock the secrets to taking your life to the next level.

## Book Information

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[Happiness](#) #1657 in [Books > Self-Help](#)

## Customer Reviews

The book made me laugh multiple times and was difficult to put down. I have always had difficulty finding balance. I never realized "why" I struggled with it until reading this book. The Oola blockers and accelerators helped me to figure out the changes I needed to make, so I could balance my life.

Setting goals and following simple steps in each "F" has so far helped me to find a better paying job with a better schedule which will allow more time to spend on the other 6 "Fs" of Oola. If you read the book and take action, your life will get better! "Must read" coming from a guy that doesn't like to read.

This book is great! Bringing balance back in to your life is what this book is all about. These simple and effective suggestions will help get you back on track. I recommend this book to everyone. It is a hilarious, quick read that keeps you entertained while teaching incredible ideas. Bryan Miller

I chose Oola Find Balance after I heard one of their webinars. They discuss balancing all aspects of life, not just focusing on one area. They do not make light of the difficulties that will follow when you are working on getting everything in balance, but stress taking a good honest look at where you are in life right now in all aspects of life, setting goals and action plans to achieve them. If put into appropriate use, these principles should lead to a more balanced happy life.

This is one of the most motivational books I have ever read. When I finished I felt so inspired to find my oolalife! I can't wait to take everything I learned and put it into action. Everyone who wants to better themselves, and their life should read this book. You will not be disappointed.

So I don't like self help books I find them repetitive and blah. This book has a great message and advice. I laughed quite a bit while reading this. I find that this book has great advice and isn't hard to follow. Very enjoyable read with awesome advice.

Caution should be mentioned when considering reading this book. It is best approached by only those people that are looking to improve their lives. Oola: Find Balance In An Unbalanced World is not rocket science, it is about taking action in the seven areas or F's of each of our lives described in this book and becoming the people that we all want to be. The content is a fast and enjoyable read with the sharing of stories by the two authors that are interesting, funny, and relatable along with a path to develop towards your goals and dreams through planning and assessment along the way.

Get your Oola On! Feeling a little out of balance? This quick and humorous read gives you simple yet elegant tools to bring ultimate balance in this clearly dysfunctional and out of balance world.

You'll savor the stories while learning these simple techniques, leveraging your small actions to big results. It's not self help, it's Life Help.

Best.Book.Ever. Seriously, I owe Dave and Troy a huge thank you for writing this book. Oola has changed my life- the way I evaluate where I am, define where I want to be, and plan steps to get there. When I first read this book, my life was way out of balance and my physical fitness was completely neglected. Since I attended OolaPalooza the first time, and really implemented the ways of Oola, my day-to-day life looks different. My priorities have changed. My 7 F's are balanced and growing and I am a better person for it. Thanks, Oola Guys!

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