



## Oola: Find Balance in an Unbalanced World--The Seven Areas You Need to Balance and Grow to Live the Life of Your Dreams

By Troy Amdahl

HCI. Paperback. Condition: New. 264 pages. Oola is not your typical self-help book. So what is it? Just like its origins from the expression 'oh l!!' 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 (career), Faith, Friends, and Fun. Oola is not stale and stuffy advice, it reads more like a collection of kick-ass anecdotes and sincere stories that just happen to have meaningful messages. Co-authors Dave Braun (OolaSeeker) and Troy Amdahl (OolaGuru) have been there and done that. What started out in 1997 as a small group of buddies meeting once a year at the Hard Rock in Vegas to set goals for the future has turned into a nationwide phenomenon. Maybe you've seen Dave and Troy traveling the highways and byways of America in their 1970 VW Surf Bus. Covered with colorful Oola stickers, they are carrying the hopes of people, just like you, who are putting their dreams into action, ready to have the OolaLife. You, too, are awesome and designed for greatness and a purpose! Oola has received glowing reviews from top authors, pro athletes, musicians, industry leaders, and Olympians....



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