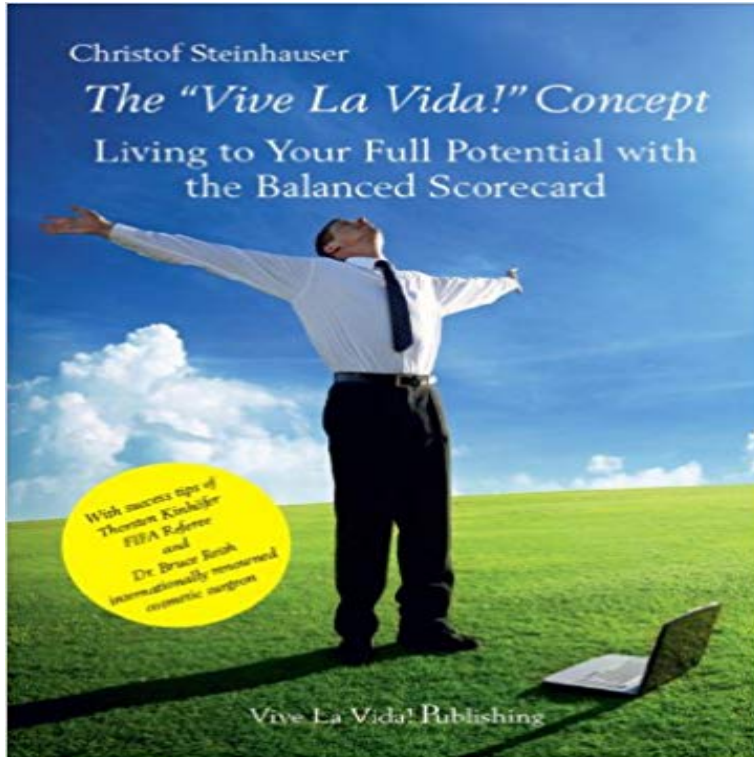


# The Vive La Vida! Concept: Living to Your Full Potential with the Balanced Scorecard



Get ready for a great future and acquire the knowledge of one of the future key skills in private life and business: Self-Management. Discover your life vision, develop your full personal potential and bring it in line with your goals. At the same time build inner strength and resilience with timeless principles and selected spiritual exercises. This is the key for holistic and sustainable success and a self-determined life. The Vive La Vida! Concept is the novel systematic guide for holistic success and a self-determined and fulfilling life: It describes how to achieve the work-life balance and develop resilience by the application of the famous Balanced Scorecard method, which comes from business and which principles can be easily and outstandingly applied also to the private life. Always on this firm footing the book describes along in detail how to start effectively developing and using the own unlimited potential for sustainable success. Since the publishing of The Vive La Vida! Concept in spring 2014, it already has helped many people not only enormously to increase their effectiveness in both their personal and professional life, but also to boost their personal life energy and health with the included exciting exercises to raise energy and consciousness. The author Christof Steinhauser has been in commercial top management positions of leading international enterprises for many years and has got long-time experience with the effective Balanced Scorecard method. In his private life for more than twenty years he has been engaged in effective ways of self-improvement. Based on this long record and his own experiences, he wrote this book, who is addressed to persons, who seek real results and want grow holistically thanks to an intelligent concept. Therefore, in addition to the step by step instructions, The Vive La Vida! Concept integrates specific exercises to raise energy and

consciousness, which are drawn in part from the authors long-time practice of the Chinese martial art Taijquan. The author considers this combination as the formula of success for true and holistic self-realization. These very exercises contribute to a prosperous and fit life. With a foreword and description of an effective exercise of Dietmar Stubenbaum, president and teacher of the International Society of Chen Taijquan and interviews about the success strategies of Thorsten Kinhofer, former FIFA Referee and Dr. Bruce Reith, internationally renowned cosmetic surgeon. Free download of all work sheets on [www.balanced-scorecard-lifestyle.com](http://www.balanced-scorecard-lifestyle.com)

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