



# Lifestyle Navigation: Creating a Philosophy of Life

*John Gordon Youden*

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## **Lifestyle Navigation: Creating a Philosophy of Life** John Gordon Youden

In order to get to where we want to be, we first have to know where we are and where we've been, even in a fog. And to have a good time while doing so. The Captain—a sailor, physicist, and somewhat of a mystic who shared his philosophy of life with the author one summer in Northern Canada—used the above and other nautical motifs to illustrate his personal philosophy, which emerged during his years in India, was refined through his work as a scientist, and gained further depth and substance as he sailed the world's seas. The Captain believed we can find purpose in life through the study of evolution, discover our true selves by understanding the power and influence of worldviews, and lead a fulfilling and successful life by improving our ability to be mindful. He developed a vertical and horizontal model to reveal how consciousness unfolds both within and without, along with a plan to reach higher levels of consciousness. He also identified energy sources we can tap into for help in developing to our fullest. For more than twenty-five years, the author has published the work of others; however, a story of his own yearned to be told. Lifestyle Navigation is the result.

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Playing with family in a park, coming to see the marine world or hanging out with good friends is thing that usually you will have done when you have spare time, then why you don't try issue that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Lifestyle Navigation: Creating a Philosophy of Life, you can enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't understand it, oh come on its known as reading friends.

#### **James Rogers:**

Many people spending their time period by playing outside having friends, fun activity together with family or just watching TV the entire day. You can have new activity to pay your whole day by examining a book. Ugh, think reading a book can definitely hard because you have to accept the book everywhere? It fine you can have the e-book, bringing everywhere you want in your Mobile phone. Like Lifestyle Navigation: Creating a Philosophy of Life which is getting the e-book version. So , why not try out this book? Let's see.

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