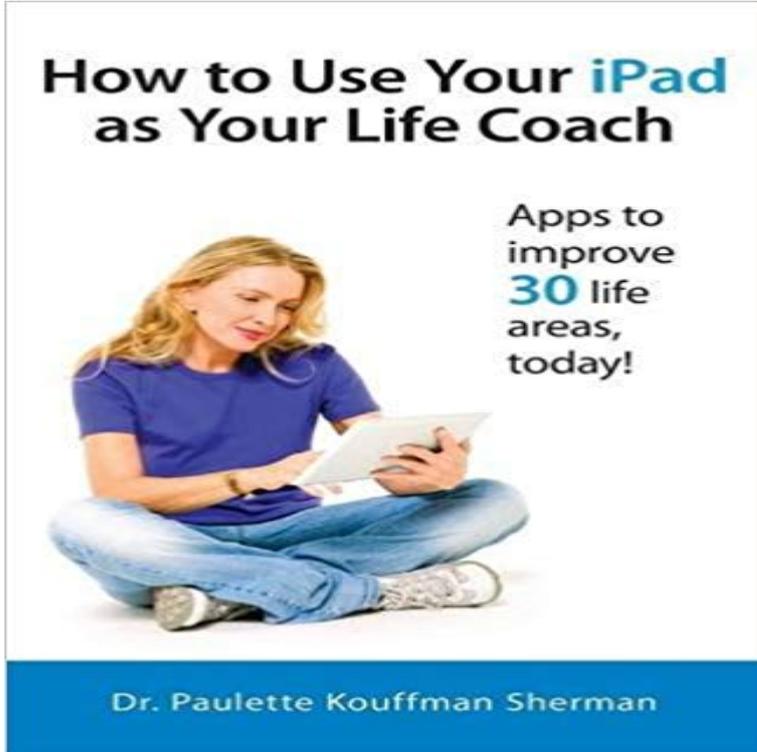


# How to Use Your iPad as Your Life Coach



I'm a life coach and psychologist, so much of my day is spent helping people achieve their goals and dreams. I was pleasantly surprised to discover that an iPad could help with that. It had apps or tools that could easily structure people's goals, but I hadn't seen anyone use it that way. The iPad is a great command central from which a person can design a comprehensive plan for dieting, dating, and even financial success in many life areas. You can take your iPad most places, so it helps you to stay on task no matter how busy your lifestyle. What follows are apps in 30 life areas to address your life goals and to take action to achieve them. I wish you a great life! Paulette

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