



Aim For The Stars: How to Get Out of The Comfort Zone, Live More and Become More

Laura Iancu

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Few things in life are worse than waking up one day, just to realize your life was not all you would have liked it to be. Seated in a rocking chair on your porch, you might then wonder what your life would have been like if only you followed the tip of a brush, the narrow trail up the mountain, or your heart replete with love. Regret is a bitter legacy to leave your future self.

Whether your dream is to climb an active volcano, take piano lessons, or pack your bags to embark on an indefinite adventure, there's no better time than the present.

In *Aim For The Stars*, Laura Iancu, a psychologist who's been looking for answers to the question '*How can we live a better life?*' ever since she can remember, shares what she's learned from a decade of research and personal experience on the power of dreaming big and taking action.

A soul-stirring book that urges you to acknowledge the dreams you're made of and find the courage to follow them. Anyone can benefit from it.

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