

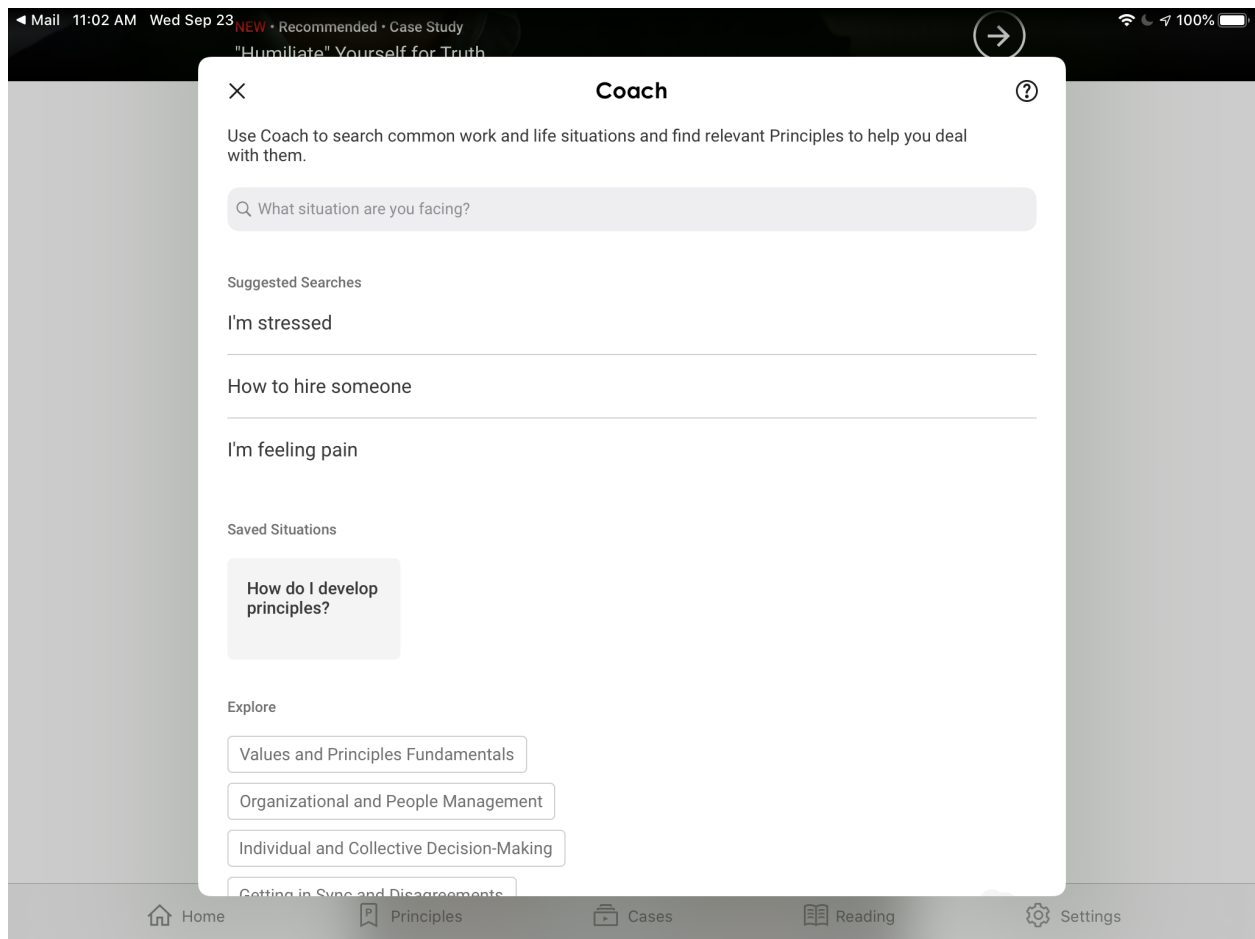
PRINCIPLES COACH

[This will add to the capability and capacity of your Second Brain!!! See the brief definition “[What Is Your Second Brain?](#)”]

As a free benefit, billionaire Ray Dalio offers a free app where you can access at any time the key principles relevant to situations in your life - so you won't have to figure that out for yourself. His book [Principles - Life And Work](#) is a seminal work - and you can master access to life principles any time you wish, via this easy app: The Principles Coach (link to it from the link below).

As in the screenshot below, you give it a question and it finds the relevant principle, including such things as handling stress or even “I’m feeling pain.”

Link to [Principles In Action](#), which includes links to the app.



I would recommend you explore the app, to get familiar with it such that you'll use it to better your life, by tickling to use it a couple of times a week for the next month. The app provides an interest "read" in any event.

This should be one of your main resources for accessing what to do in life in the situations that are presented to us in life!

(Since he doesn't need the money, there are no "upsells" or anything to buy, and you can access the book for free.)

For more of this, sign up for [the blog](#).

[Keith D. Garrick](#)

Of [The Life Management Alliance](#)

(A [pay-it-forward](#), never-a-cost endeavor to dramatically improve people's lives)

How to be in the loop as things develop: Use this link to [the blog](#) and then sign up for email notification on the web version of the blog.

Please [Contact me](#) with any suggestions, additions, revisions, etc., that might help improve this piece and the process, and/or any questions or requests you might have.

(Note that most of the pieces I write are intended for more study and completion. As such, you might do the overall reading of the piece and then tickle it for followup later if you cannot complete it in one sitting. It is not likely that you can do it in one sitting. Possibly, read [How To Read And Learn From A Keith Garrick Piece](#).)