

"Read this book, do what it says, and discover exactly where you fit in."
— John Mackey, Co-founder & CEO, Whole Foods Market

BELONG

FIND YOUR PEOPLE, CREATE COMMUNITY
& LIVE A MORE CONNECTED LIFE



RADHA AGRAWAL

CO-FOUNDER & CEO, DAYBREAKER
& CO-FOUNDER, THINK

Radha Agrawal

Belong: Find Your People, Create Community, and Live a More Connected Life



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Get ready to focus on the single most significant thing that you can do to live a happy, healthy, and successful life: BELONG. "Browse this reserve, do what it says, and find out exactly where you easily fit into it. It's just a book I'm endorsing."

Part two is "Delivering Happiness. This book can be caring and tender, complicated and action-driven. It is now on my suggestion list." Esther Perel, author of *Mating in Captivity* and *The State of Affairs*, John Mackey, Co-founder and CEO, *Entire Foods Market*

As the Co-founder and CEO of the popular global morning dance community *Daybreaker*, Radha Agrawal created an immense offline community with her team of *Community Catalysts* in 25 towns and on twelve college campuses all over the world by creating a physical space for people to connect, self-express, sweat, and dance.

—podcast "That people have hundreds, even thousands of close friends on social media marketing, but not a single person to seriously confide in? building on most that you're community dilemma," "Belong she presents every reader a blueprint to get their people and build and nurture community, because connectedness— Component one is is definitely our key to joy, fulfillment, and success. A book that's Belong requires readers on a two-part trip as increasingly more studies present—the initial book I couldn't a gentle but intentional process of self-discovery and learning your true energy and VIA (values, interests, and abilities). —Heading OUT— Radha Agrawal phone calls this "we've learned all about yourself to find those few particular people who feed your soul, and discovering, or creating, the ever-widening groups that align with your aims and desires. Where Should We Begin? Now, Radha offers the life-changing strategies, suggestions, and tricks to make friends that may light your fire and present you the exhale of and in Ahh, I'm home." "Radha has written a publication that's fun to learn, easy to digest, and embodies deep wisdom. Its equivalent parts inspiring and interactive, and packed with prompts, charts, quizzes, and full-color illustrations," "This is a book that I want to purchase multiple copies of because I've so many friends and acquaintances which will benefit from it. Deepak Chopra, MD Heading IN— I wait to finish reading it so I could give my duplicate to one of my friends to read the same day. How is it that the web connects us to an environment of people, yet therefore most of us feel even more isolated than ever before? —Tony Hsieh, CEO of Zappos and writer of *From the moment I opened this reserve I was hooked.*



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)I would recommend this book for people in their 20's and early 30's. community Ever felt like you haven't quite found your community yet, the place where you can fully flourish as the best possible version of you? No need to wait any longer. In "Belong", Radha Agrawal demonstrates how you roll your own. Very relevant points are made on the false sense of community that social media marketing offers its users and the unwanted effects a toxic community might have. Radha does that, putting belonging right at the bottom of the pyramid amongst humans' most basic needs. The writer provides some amazing figures and health promises. As Jack Kornfield places it, we are amid an emergency of the heart. And the healing must result from us. Compared to that end, Agrawal gives practical solutions for cultivating healthy relationships and creating communities of belonging. First, get to know yourself just a little better and be aware of your Green Ego (kind) vs Red Ego (mean). Whether you've changed jobs, moved to a fresh city, or are looking to increase your circles, this book will show you how to find the people that will fill your life with happiness and signifying. hang with the Soul Sisters of inspiration, gratitude and curiosity. It provides simple but profound exercises to help the reader first proceed inside themselves to proactively identify what they're looking for in a community and/or core group of friends. Everyone I know is so thirsty for community and belonging which book is a straightforward, clear, and fun guidebook to building and growing a healthy community..D.For me personally, the real gold of the book was in Agrawal's 6-step framework for intentional community building, accompanied by the CRAWL method. I really like what the author is up to in the world with DayBreaker and I've friends that love following her on Instagram. Core values, Ritual, Aesthetics, Why/What, Language: it totally works!! especially appreciate Agrawal's sounding the alarm about how exactly our supremely addictive devices are wrecking our relationships. Her antidote: become the F-Yeah Friend, the main one who says "F-Yeah!" and shows up every time. That is an inspiring, honest, and practical manual for creating the kind of communities most of us need and crave: ones that nurture our spirit.! Read it and go make some brand-new friends currently.-- Ali Binazir, M. Show up., M.Phil. Radha makes community fun and even if you are an introvert there's worth in the exercises she mentions in the publication to enjoy life more together with your friends and family! Agrawal not only gives her readers the various tools to building their own community, she also periodically stops that visitors to provide engaging exercises. Should I Go to Medical College? Radha's transparency and vulnerability in posting her own journey's good and the bad helps you realize you are not alone in feeling like you haven't found your people. Ban gossip.. secure. It includes a lot of answers to young person complications like fomo, coping with social groupings, etc.75. (It's not a four.!) But here we are. (As a note, I was not in a position to find them all for the digital version when I visited the publisher's website. I have already been attending Daybreaker occasions in 4 different cities since their inception 4 years back, plus they embody everything the book says. I would supply the author a 5 star as a human and businesswoman, nevertheless, this review is just about the book. how to deal with conflict, how to plan events, etc.**Having spent a decade in the self-help space so when the writer of two books myself, I've go through many books of the type. A much-needed manifesto for creating heart-centered connection & **I really want to give this publication a 3. My biggest disappointment was the lack of meaningful, descriptive stories of the author's struggles as a business owner. Personally, I learn best through story. I find out by feeling/hearing and coping with some else's' journey. This book is not a provocative, depth-full look into what it is like to create a thriving cultural community and a community-based business, but rather a kind of playful, best-practices guide with a lot of very common ideas repackaged. Surely you can find 100's of interesting personal and business related stories which could illuminate the incredible

journey the author has been to create her thriving businesses. I was wishing we were likely to get to peek behind the curtain, but what we got was a very well prepared slide show. Wonderful experience which will improve and deepen your life Stop hanging out with the wrong people doing stuff that don't fulfill and energize you, and choose how you spend your time and who you may spend it with. Good for you professional and personal life Belong opens up with Agrawal's own discovery that she was encircling herself with the incorrect community. Radha Agrawal is here now to help you 1st understand yourself (your true self, not the personal you project into the world, if they're different) then find the appropriate tribe to undergo life with. The reserve explains how Agrawal worked well hard to find and expand a strong community of like-minded and like-spirited individuals, and she offers guidance and interactive assignments that change this book about self discovery and self love into a extremely tangible and highly successful guide to developing a much more fulfilling and pleasurable lifestyle for yourself. She then guide her readers to become introspective and to delve deep on what they want from the community they're in and how they may be better variations of themselves to be able to attract and contribute to that community they want. Cut out negative folks from your life. Listen less to the Mean Women of evaluation, perfectionism and judgment; Inspiring, colorful, web page turner. This is a straightforward and meaningful go through that I'll recommend to all family and friends! This is a must read! After that it walks you through the methods to using those insights to either find/join a group and also scale a community. Understand your values, abilities, and interests. This book is a straight forward and enjoyable read.: An Irreverent Instruction to the professionals and Negatives of a Career in Medicine Short, peppy, predictable. In the event that you get the chance to go to one of her events, I recommend it! The one in Phoenix was amazing and nowadays there are groupings and communities springing up because of this! With heart and pragmatism born from deep encounter, Radha gives us the roadmap. Find your people! Fun, thought-provoking book whose ideas We'm putting into action as I go through. Grateful for hearing about the book on a podcast. Hallelujah!! It's not a 3. Wonderful book, truly a gift in this day and time..... Pleased to have found an amazing stocking stuffer : to all or any my family and close friends .. I liked the idea of learning yourself better so that you can be intentional about choosing compatible friends and community. Ideal for when u move to a fresh area or are starting over Great!. Amazing Book For THE MODERN WORLD! Super beneficial to stay more connected in a far more disconnected world., Joy Engineer and writer of Many thanks Radha! Highly recommended! I loved the Essenes of the publication that community plays a significant role in one's existence. Also, this book is not only about others, but also about you. It offers a chance to dig in deeper, listen to yourself, find your ideals and goals Offers helpful suggestions, but may charm more to energetic adolescent extroverts In case you are either feeling as if you don't have enough friends or your friendships aren't nourishing and helping you the way you'd like, this book provides help with finding friends who'll align with your values and interests, understand and accept you, and fill your emotional tank. If you're thinking about organizing a community, this reserve offers some practical techniques to consider and suggests some useful questions to response to help you design a sustainable community with a obvious goal. Specifically in a world where most Us citizens live alone, possess few to no confidants, and so are disengaged from public support, connection is urgent medication. For instance, she noted a study found that "Having poor social connections is really as bad as being an alcoholic and twice as bad as being obese." Unfortunately, she did not provide a citation for that research, therefore i was unable to make reference to the original source to learn more.. I love the sections talking about personal and community primary values, and how by defining the core values and

constraints of a community, “you understand if it’s your issue, and if it’s not. GREAT READ..This story and guide will resonate with anyone who picks it up and is crucial read for anyone seeking to grow and deepen relationships within their world. I highly recommend this, it’s full of new and familiar concepts that are very inspiring. Discover your FYFs — friends who are game for going deep, creating mischief, helping you unconditionally, etc. A detail by detail guide to finding and maintaining community I absolutely loved this reserve! The second part of the book gives the readers the tips and tools they have to produce the community they want to belong to;The book follows a "how exactly to" formula, complete with changing fonts, images, cool acronyms and a lot of worksheets.The Tao of Dating: The Wise Woman’s Guide to Being Absolutely Irresistible, the highest-rated dating book on Amazon for 4 years, and Abraham Maslow’s Hierarchy of Requirements (1943) was pretty cool, but let’s face it – it might use an update. You can find useful lessons to be discovered and all visitors can gain knowledge on how to develop a healthy personal and community.



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