



The Fire Starter Sessions: A Soulful + Practical Guide to Creating Success on Your Own Terms

Danielle LaPorte

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***The Fire Starter Sessions* is an apathy-kicking, integrity-infusing guide to defining success on your own terms.**

As the creator of DanielleLaPorte.com--deemed "the best place online for kick-ass spirituality," **Danielle LaPorte's** straight-talk life-and-livelihood sermons have been read by over one million people. Bold but empathetic, she **reframes popular self-help and success concepts:**

: **Life balance is a myth**, and the pursuit of it is causing us more stress than the craving for balance itself.
: **Being well-rounded is over-rated.** When you focus on developing your true strengths, you enter your mastery zone.
: **Screw your principles** (they might be holding you back).
: We have ambition backwards. **Getting clear on how you want to *feel* in your life + work is more important than setting goals.** It's the most potent form of clarity that you can have, and it's what leads to true fulfillment.

The Fire Starter Sessions: A Soulful + Practical Guide to Creating Success on Your Own Terms Details

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From Reader Review The Fire Starter Sessions: A Soulful + Practical Guide to Creating Success on Your Own Terms for online ebook

LemontreeLime says

This is like 'artist's way' for new yorkers. It reminds me of Julia Cameron a lot, but coming from a completely different angle, hooked up to a completely different power supply, for a completely different audience. Laporte hails from the 'Jack Kerouac' school of beat poetry style motivation, which isn't a bad thing. But I am vaguely dissatisfied with it, which is simply a personal reaction. I'm sure it would speak volumes to others.

Rebecca Waring-Crane says

Timing. Is. Everything. Just one chapter into this library copy convinced me that I must own it. As I transition from traditional work to that of a self-employed artist, Danielle's voice gives me perspective and hope, while asking questions that show me how much I already know. Nothing woo-woo about it with ideas that zing on every page -- quotes from others and original gems from Danielle.

"Your most valuable currency is what comes most naturally to you."

"Being well-rounded is highly overrated."

Can't wait to finish reading it and get my own book to mark up for the second read-through.

I've now read ever page and still feel compelled to add a copy of Fire Starter Sessions to my personal collection.

Ed says

I'll start this review with the disclaimer that I did very few of the sessions that Laporte suggested in the book so I can't speak as to their effectiveness overall, though my sister spoke of them positively.

This book is part self-help, part affirmation, and part guide to personal soul searching. There are definitely some valuable ideas and questions to be found within it. My personal favourite was "How do you want to feel?" which is posed to be a alternative to setting specific goals. Rather than just guess what we want, if we know what we want to feel then we can figure out what to do to make us feel that way. A great question, and one that I think I'll spend more time with.

I did find the style of the book a little bit annoying, kinda like reading sentence after sentence of feel good mantras, the kind that get printed on Lulu Lemon Bags. Certain sentences that were deemed of extra importance were printed in giant font so that they would fill an entire page. I suppose this is all personal preference, but to me it read like slick marketing rather than useful ideas and advice.

A common method Laporte uses is to state a commonly held belief or maxim and then advise the contrary. Occasionally this lead to interesting insights, however, I found that often there was often an equivocation of

terms or that I just didn't agree with Laporte's conclusion. For example, I felt that her critique of finding balance in one's life was a bit of a straw man argument. The type of balance that is commonly sought after and advocated for is not the sort of balance that she critiques. I flat out disagreed with her statement on debt, "Debt is neither good nor bad-it's how you feel about it that matters." These sorts of lightly stated, dubious claims abound in the book.

If you like some good self help with a mix of questionable self help and then some light/feel good/new agey affirmation, then this is a good choice. Otherwise I think there may be better reads out there. However, I suspect that if one did take the time to go carefully through all the sessions, a lot of benefits and insights could result. Just take everything with a grain of salt.

Terry says

I read about this book from a blog somewhere which directed me to her website at www.daniellelaporte.com. From there I went to Amazon.com and bought the Kindle version immediately. As I began to read just the first few pages, I knew this was more than just a read. So, I went to Audible.com and downloaded the audio version read by Danielle, and as it is done when I want to pour a book over myself and let it have its way with me, I listen and read in synch to get a fuller version.

I am delighted to write a short bit about this book and how it made me feel. It's like a sparkler that keeps on burning and burning, showing light and magic. What caught my attention immediately is the fact that Danielle LaPorte is not your every-day writer. The way she uses words and phrases is more like the most magical painter. I delight and savor the words that she uses, including many that I've never before seen in print. Yet, as wonderful as this is--and it is to me, it is the common sense and positive selfishness that she weaves with those words. This has a way of making it not only make the most sense, but become a bit of a revelation at the same time.

This is a book I will read again and again and listen to again and quote from often. I have already ordered copies to give away to people I love. It is a must-share book to me.

Thank you Danielle for pouring your heart and mind and mind-travels into this work of art. It is certainly helping my mind to travel and it is a joyful journey!

Kelly says

This was kind of boring and uninspiring. The design is really annoying in a lot of ways -- it's bulky, and then there are pages where quotes are made huge and others where they're made small. There didn't seem to be a lot of heart here, almost as though you'd only really love this if you were an insider who knew the author or her other work.

Petula Darling says

Making it through the cringe-worthy writing proved to be very challenging, so I decided to take the author's

advice to not do anything hard and I stopped trying.

Seattle says

Disappointing Danielle is great as a blogger but it is challenging to give much credence to a book that is so poorly written and edited. My 16 year old niece could have done a better job stringing together pithy comments and real world insights for a high school social studies class and I didn't make it past the second chapter.

Amanda says

Damn, this book is good. I highly recommend it for anyone who is considering change, of any form. Not only do you feel driven to set out to conquer your dream, but you want to help others with theirs, too. Empowering, inspirational, I want to read a chapter every morning to get a kickstart.

Bri Saussy says

Though I love Danielle LaPorte's web presence and overall attitude, I was not sure how I would enjoy FSS because I had already purchased and worked through the digital version of the program (that is no longer available btw) about a year ago. I expected to get a lot of the same information, same worksheets, and same overall feel from the book as I had from the program-and to some extent that was the case. With that said, I LOVED the book and am so glad that I bought it. First off, its purty. Even my design finicky husband loved the look and the layout of the book. Secondly it is chockfull of great quotes, good writing, and penetrating insights inspired by wins and losses in business, money making, and partnerships. LaPorte is an interesting mix of high end business savvy, womanliness, and spiritual kick boxing all rolled into one well coifed package. FSS is probably most correct categorized as a motivational book but it really ranges in topic from how you feel about money to naming your strengths, to plotting out your specific dream trajectory. For magically/spiritually inclined folks Danielle definitely comes out of the New Thought style but she adds accountability and a sense of each of us being part of a bigger whole to the mix. Whether you are starting a business, taking care of your kiddo, leaving a love, or simply dreaming about discovering what you really *should* be doing-this book instigates and motivates. I finished it in two days and to me that is a testament of how really good it is-because I have a one year old and a full time job but I still made the time for it!

Lauren Moz says

I enjoyed LaPorte's take on dealing with life and work, and there were definitely a few "yeah, that's me and that is the change I should make" moments when reading it. I didn't do the worksheets, but feel there may be a time I will go back and fill them in. It's a good "remind you" book to go back to when feeling like you are stuck or just need a verbal kick in the butt. I highlight sections that seemed relevant to me, so I treated this like a regular ol' textbook.

After a while, however, I did start to feel that this lady has held a lot of jobs. I mean, even her writing is a

little ADHD so it seems like she bounces around to a lot of different things and ideas, and could have translated back to how she is in real life. I doubt I'm going to seek advice from a spiritual guide or travel to a buddist temple for clarity, but -- I get it, and I respect that she went full into that and recognizes that is what she needs and who she is.

In short, a lot of this is a retelling of stuff that has been around for awhile, but sometimes it's good to read and remember it.

Jess Macallan says

Holy cow, this book is amazing! Danielle Laporte offers quick-witted inspiration, with straight talk, eye-opening exercises, and a healthy dose of quotes and comments you'll be tempted to highlight (though the book's so pretty, you just might have to resist). This book is a game-changer for anyone who's ever asked, "What am I supposed to do with my life?"

I highly, HIGHLY recommend this book!

Brandi says

I've been a big fan of Danielle's for a while now, having followed her on whitehottruth.com, then on to her new site, daniellelaporte.com. I had bought the digital version of this book (called the Spark Kit back then, now since retired) last summer, and *devoured* it. So when I went ahead preordered the hardcover, all I was expecting was pretty much a paper version of what I had already bought.

Boy, was I wrong.

The Fire Starter Sessions delivers the same message that the Spark Kit did, a message about authentic living and soulful success, because that's the foundation of Danielle's whole business. **But it's bigger and more intense here.** What I thought would be a slight rehashing turned out to be an almost complete rewrite. Ideas were expanded and added to; chapters became fuller; new stories were told; and the message hit home again in a different way.

I went through the Spark Kit in three days. It took me several weeks to read The Fire Starter Sessions. Not because the ideas are complex (they aren't), but because the ideas are challenging. And this time, I really wanted to be honest and thoughtful and take my time. This time around, I wanted to absorb what Danielle was sharing.

And I haven't even gotten to the exercises yet.

Here's what I came away with: **The Fire Starter Sessions is insightful, intelligent, challenging, sometimes uncomfortable, and all around brilliant.** Danielle feels like a personal coach, giving advice and shift butt kicks and hugs all at the same time. The name is so appropriate, because it really does ignite ideas. I kept having to stop reading to write down something.

For me, it was a clarifying read. It's not the kind of how-to book that tells you to do #1, then #2, then #3. I found it more about challenging myself, my ideas, and my actions. Why do I do what I do, think what I think? The focus is turned inward and I felt (and feel) motivated to push forward. It was less about specific

business practices and more about an entire outlook on life, and I'm glad I have a copy to read over and over.

I would highly recommend it to anyone who's looking to be challenged and lit on a fire. That said, it's not going to be a book for everyone, so you can hop over to Danielle's website (www.daniellelaporte.com) and peruse some of her blog posts to see if you like her style.

P.S. If you're like me, and don't particularly care to write in a book, or maybe you bought the Kindle/Nook version, Danielle's got a PDF download of the worksheets on her site:
<http://www.daniellelaporte.com/busine...>

Miranda says

A must-read for any creative entrepreneur.

Rachel Dixon says

Fantastic read for those of us who need a push. I quite honestly laughed and cried. The layout is gorgeous. The advice is easy and perhaps that which has been read before, but organized brilliantly. Recommended if you are on the verge of something big and need a bit of a workbook to figure out what that thing is or how to do it.

A.E. Shaw says

So, I read a lot of 'things like this', of the motivational, you can do anything, sort of thing, and the nice thing with this is that Laporte has also read these, thus her content is both summarising and expanding upon and adding to many things with which I was already familiar.

It's firm, but kind, inspirational and peppered with just enough practical suggestions and questions to ask yourself. I particularly like that it draws on the ideas of being self-employed and self-sufficient as much as just getting 'the perfect job'. It's also a little more "realistic" than some such books.

Recommended to anyone with a taste for enabling literature, or those who aren't sure where to start in the field of such things. Laporte comes across as a very pleasant, efficient, valid person to be writing such things. She has a lovely turn of phrase and a fine, gently nudging you on, sort of tone. I hope she'll write/has written more. The only reason I don't give this five stars is that at times the paragraphs can seem unstructured, or a little repetitive. But that's no real failing in something that for many will be almost entirely new.
