

Life Inventory - iOS Apps that Can Change the Quality of Life

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Indie developer James Hollender's Life Inventory apps can help change the quality of life. The iPad version (#3 top iOS App) and the iPhone version are Lifestyle apps that guide users in creating their own Life Inventory, which can provide greater self-understanding of personality, strengths and weaknesses leading to a better quality of life. These apps allow the user to learn more about themselves than ever thought possible and at only a small fraction the cost of a single visit to a therapist.

Revere, Massachusetts - Indie developer James Hollender's Life Inventory apps can help change the quality of life. The iPad version (named #3 top iOS App) and the iPhone version are Lifestyle apps that guide users in creating their own Life Inventory, which can provide greater self-understanding of personality, strengths and weaknesses leading to a better quality of life. These apps allow the user to learn more about themselves than ever thought possible and at only a small fraction the cost of a single visit to a therapist.

The process of completing a Life Inventory does not directly address anyone's specific problems or addictions, but rather helps the user examine in detail events that have transpired in their life. The Life Inventory app gently assists the user in probing into not only what happened, but also why it happened. The questions asked help the user delve into areas often never considered before, like:

- * What did I want?
- * Why did I want it?
- * What am I not admitting?
- * What lie did I tell myself?
- * What did I leave out or not say?
- * What lie did I tell others?
- * Have I ever done the same thing?
- * Was it any of my business?
- * Were my expectations reasonable?
- * What was the real truth?
- * What was I not seeing?
- * Did I fail to see the facts of the situation?
- * What actions did I take to get what I wanted?
- * What actions did I omit to get what I wanted?

Life Inventory for iPad guides the user through six different steps, each with its own activity grouping, for making a Life Inventory in writing:

- * Build Lists
- * Causes and Effects
- * My Part
- * Fears Analysis
- * Fear Questions
- * Sex Relations

Throughout the process, users are encouraged to write out their Inventory, be completely honest about themselves and take advantage of encouragement and support.

The Inventory begins by making one simple list, which defines four fixed Categories in which to file away what are broadly categorized as Incidents:

- * People

- * Institutions and Organizations
- * Principles, Ideals and Beliefs
- * Sources of Anxiety and Excitement

Each of the four Categories will contain hierarchical sub-categories. From there, users outline Entities and then individual Incidents.

Step-by-step, users complete the Causes and Effects of each Incident. Next, users determine the part they played in each Incident listed. It is not unusual to create hundreds of Incident forms, each devoted to a single incident. The app includes the ability to create and save all written lists and forms with password protection. Having completed all their Incident forms, users can refer to these forms to help list all their Fears. The app includes the following eight pre-defined fears, to which the user is free to add:

- * Other people's opinions
- * Not getting what I want
- * Not having control of the situation
- * Financial insecurity
- * Abandonment
- * Physical harm
- * Failure
- * Success

The fifth step is examining each Fear category and answering the following key questions:

- * Why did I have this fear?
- * When did I first notice this fear in my life?
- * How did I hold on to this fear?
- * What did this fear make me do?
- * What chain of circumstances did this fear set in motion in my life?
- * How did I react to this fear?
- * What decision did this fear cause me to make?
- * How did self-reliance fail me?
- * What should I have done instead?

And the sixth and final step is examining Sex Relations, where users answer all the following questions regarding each of their sexual relationships:

- * How was I selfish?
- * Where was I dishonest?
- * Where was I inconsiderate?
- * Who was hurt in this situation?
- * Did I arouse jealousy, suspicion, or bitterness?
- * Where was I at fault?
- * What should I have done instead?
- * What will I do in the future?
- * Did I pray or have spiritual conversations with him/her?
- * Did I pray for him/her?
- * Did I enjoy his/her company?
- * Did we bring each other closer to God?

"The process of completing a Life Inventory doesn't directly address anyone's specific problems or addictions, but rather helps the user examine in detail events that have

transpired in their life," stated indie developer James Hollender. "The Life Inventory for iPad app gently assists the user in probing into not only what happened, but also why it happened."

James Hollender is also the author of a suite of Nutrient apps based on the USDA National Nutrient Database:

- * iCarbs (Carbohydrates)
- * iCholesterol (Dietary Cholesterol)
- * iFiber
- * iKals (Calories)
- * iProteins
- * iSatFat (Saturated Fat)
- * iSodium (Vitamins K1, K1D & K2)
- * iSugars
- * Vitamin K

Device Requirements:

- * "Life Inventory" - iPhone and iPod touch
- * "Life Inventory for iPad" - iPad only
- * Requires iOS 4.3 or later

Pricing and Availability:

Life Inventory and Life Inventory for iPad 2.6 are \$9.99 (USD) and available worldwide exclusively through the App Store in the Lifestyle category. A Lite version of the app is \$1.99, a supplement that provides a mock Moral Inventory from which the user can learn by example and experimentation. A similar version is also available for the iPhone and iPod touch. Review copies are available on request.

Life Inventory:

<http://www.hollender.com/MorallInventory.html>

Purchase and Download (iPad):

<http://itunes.apple.com/app/life-inventory-ipad/id450749504>

Purchase and Download (iOS):

<http://itunes.apple.com/app/life-inventory-ipad/id463922586>

Life Inventory for iPad #3 iOS App for 2012:

<http://anansquidy.com/3-top-ios-apps-2012>

Screenshots:

<http://www.hollender.com/MorallInventory.html#screenshots1>

App Icon:

<http://www.hollender.com/images/MorallInventoryiPad256.jpg>

Based in Revere, Massachusetts, Indie developer James Hollender is a well seasoned Information Technology professional who has been familiar with Apple products since the days of the first Macintosh computer and has been involved with object oriented programming since the introduction of Java, culminating most recently in writing apps in Objective C for the iPhone, iPod touch and iPad. His innovative ideas have resulted in numerous suggestions and other awards including a commendation from The President of the

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

United States. James Hollender has been involved writing iPad apps with Foliage, Kronos, Olympus and Cross Country Automotive Services (now Agero). Copyright (C) 2010-2012 James

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