

## Reassess Your Life with Life Inventory App - 1/3 OFF During Pandemic

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Indie developer, James Hollender has released Life Inventory 5.0 and is available during the pandemic at 1/3 off to assist those who now have ample time available to gain in-depth perceptions of themselves. Built-in instructions guide users, step-by-step, in creating a Life Inventory to provide greater self-understanding of personality, strengths and weaknesses, leading to a better knowledge of themselves than they ever thought possible. Long-standing price of \$11.99 is now reduced to \$7.99.

Revere, Massachusetts - James Hollender has released Life Inventory 5.0 and is available during the pandemic at 1/3 off to assist those who now have ample time available to gain in-depth perceptions of themselves. Built-in instructions guide users, step-by-step, in creating a Life Inventory to provide greater self-understanding of personality, strengths and weaknesses, leading to a better knowledge of themselves than they ever thought possible. Long-standing price of \$11.99 is now reduced to \$7.99 during this difficult time for everyone around the world. A Life Inventory can also function as a Moral Inventory for those in 12-step programs, which is even more important because of the current social distancing requirements.

Version 5.0 is an update that makes the code more compatible with the processors of later iPhones. Another upgrade is planned which will allow full screen use for all the current versions of the iPhone.

The Canadian Reviewer has suggested Life Inventory may even become your always available digital therapist: "If your smartphone has become your personal trainer, assistant, and even financial advisor, why not turn it into your therapist as well? Life Inventory app for iOS is here to help you understand what makes you tick. This app helps you create your own Life Inventory or Moral Inventory to provide you with better understanding of your personality, strengths, and weaknesses to help you live a better life."

The process of completing a Life Inventory does not directly address anyone's specific problems, habits or addictions, but rather helps the user examine in detail events that have transpired in their life. The Life Inventory apps 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 guides the user through six different steps, each with its own activity grouping, for making a Life Inventory:

- \* Build Lists

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

Throughout the process, users are encouraged to enter data into their Inventory, be completely honest about themselves and take advantage of encouragement and support from others.

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 related each Entity.

Step-by-step, users complete the Causes and Effects of each Incident. Next, and 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 more if desired:

- \* 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, habits 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 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 (Fiber)
- \* iKals (Calories)
- \* iPotassium (Potassium)
- \* iProteins (Proteins)
- \* iSatFat (Saturated Fat)
- \* iSodium (Sodium)
- \* iSugars (Sugars)
- \* Vitamin K (Vitamins K1, K1D & K2)
- \* iNutrients (encompasses all ten nutrients listed above)

Device Requirements:

- \* "Life Inventory" - iPhone and iPod touch
- \* "Life Inventory for iPad" - iPad only (currently unavailable)
- \* Requires iOS 9.0 or later

Pricing and Availability:

During the pandemic, Life Inventory is reduced from \$11.99 to \$7.99 (USD) and available worldwide exclusively through the iTunes App Store in the Lifestyle category. Review copies are available on request.

Life Inventory for iPhone / iPod touch:

<https://itunes.apple.com/app/life-inventory-12-step-moral/id463922586>

YouTube Video (Life Inventory):

[https://www.youtube.com/watch?v=\\_y6DhrEY\\_Kg](https://www.youtube.com/watch?v=_y6DhrEY_Kg)

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 suggestion and other awards including a commendation from a former President of the United States. James Hollender has been involved writing iPhone and iPad apps with

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

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