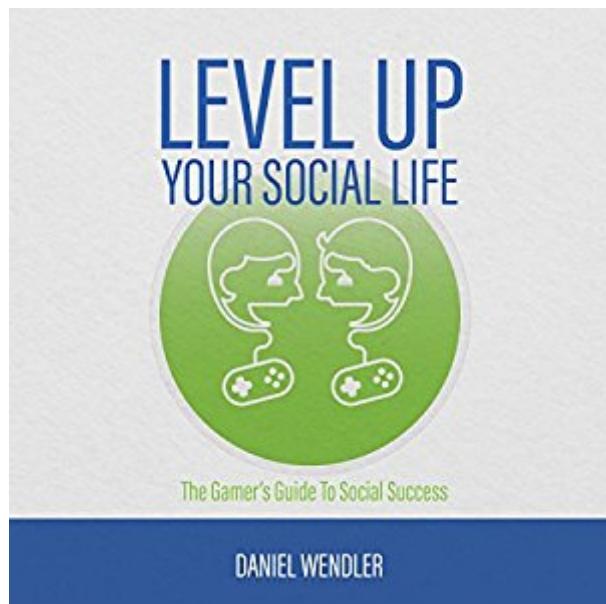


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# Level Up Your Social Life: The Gamer's Guide To Social Success



## Synopsis

The Gamer's Guide to Social Success. If you can succeed at video games, you can succeed socially. That's the promise of *Level up Your Social Life*. *Level up Your Social Life* uses the video game concepts that you're already familiar with to teach you how to succeed socially. Want to be better at conversation? Pong holds the secret. Want to make more friends? Mario Kart can show you how. It's written by Daniel Wendler, a leading social skills expert and lifelong gamer. Daniel taught himself social skills to overcome the challenges of Asperger's Syndrome and became an author to share what he learned with the world. He's coached hundreds of people around the world in social skills, spoken at TEDx, and written an online social skills guide read by over a million people. He wrote *Level up Your Social Life* to help gamers everywhere make new friends, feel more confident, and have the best social life possible. If you want a guide to social success written by someone that gets what it's like to be a gamer, this is your book. Inside the guide, you'll learn things like: How to use "random encounters" to increase your social confidence. The Starcraft tactic that can help you manage conflict. What Left 4 Dead and friendship have in common. Plus, you'll be given real-world quests to help you take your social life to the next level. There's also achievements, side quests, and cheat codes and everything you need to excel socially. So what are you waiting for? Level up your social life today!

## Book Information

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## Customer Reviews

To be honest, I got this book for my students interested in video games, and I myself have little

knowledge of video games. However, I enjoyed the over all flow of the book. I like the way it starts out simple (i.e. the first quest in which you only have to open the book each day for a week) and then gradually adds difficulty, ultimately building and shaping the reader into meeting their goals/quests. I also had a little giggle at quest 1.5 :) It gives a piece of advice that most of us should follow.

If you are a gamer and you need to improve your social skills, this is THE book to do that. I'm only one level in (although I skimmed through the entire book) and I love it already

3.5 stars I'm not quite on the Aspergers spectrum but I've been feeling a little out of touch lately as a recent college grad in a new city. This book isn't bad, and the analogies to various games are fun. Unfortunately unless you've played the part of every game the author refers to the metaphors aren't very useful. Some of the analogies to games are only partially descriptive of social activity as well, but that's probably to be expected. For instance, saying making conversation is like pong isn't a bad starting analogy, but it breaks down quickly. "Are you enjoying the conversation?" Is an important question to ask, are you playing pong just because? I think the presentation would have been more effective if earlier in the book he talked about how friendships and conversations are meant to be enjoyed and shouldn't be seen as an obligation, a competition, or some points you need to score. The program does provide a simple step-by-step (more like quest by quest) plan to developing social skills from effectively no skills to making friendships. More could be written, but for the \$5 ebook price this wasn't bad. I wouldn't pay any more than that though. Not sure if I'll return it. Again, the analogies were fun but I personally didn't feel like I learned anything new. For most though this is much better than most of the online materials out there. Probably not as helpful as a good therapist.

I love video games. The only problem with gaming is that I often play alone. This has not helped my social life. So when I noticed Level Up Your Social Life on my recommended books, I thought I'd give it a try. I'm glad I did. Using everything from Pokemon to Pong, Level Up Your Social Life provides a solid guide for approaching social skills in a fun, gamified manner. For example, I learned how to approach body language using a parallel to the Whelk from Final Fantasy. I also learned how to deal with awkward conversations using game strategies from StarCraft. Level Up Your Social Life explains sophisticated social techniques by breaking them down into easy-to-digest gaming metaphors. I also liked that the book uses quests that give ways to practice social skills in the real

world. I've read a few self-help books, but often I forget the content a few weeks later. Since reading this book, I have yet to rush through a conversation because of the quest on "Speed Running." My social life has improved since reading this book, and I feel like I have a much better understanding of how to take things to the next level. If you love gaming and want to get better at relationships, I recommend you check this book out.

I love Daniel's writing, specially when it appeals to my geeky self. I found this book really enjoyable because it's a very light read. The concepts shown aren't exactly tips or actual strategies for improving every interaction although that's what his other book is for, so I'm not complaining. This book is more of a starting point for someone trying to become a more social person, it's designed to encourage the reader to go out there and talk to people, as shown by the tons of missions and quests that the book provides. In a nutshell, it's a great book for anyone wanting to become more social that doesn't know where to start, but for the more "advanced player" of the social environment it might feel a little empty, unlike Daniel's other book.

A marvelous, honest and intimately personal guide to improving social skills. The author immediately strikes a personal, conversational tone, earnestly sharing his trials and struggles on the journey to becoming a happier and more social person. The framing device of the book is a stroke of genius. Readers are encouraged to take on "quests" to move outside their comfort zone, "daily quests" to improve upon something a little bit every day, "weekly quests" every other week to work on issues on a longer term, tongue-in-cheek "achievements" to unlock....It's all the same psychological tools that video games use to reward gamers for achieving goals, but turning those tools towards achieving a real, distinct, palpable goal in real life. Even if you're not an avid gamer, this book can help just about anybody in setting goals, organizing themselves, and achieving results. An excellent self-help guide that's fun and easy to read, and one I heartily recommend.

As an upfront disclaimer, I was given a copy of this book for review by the author. I am a mental health professional who works with gamers and social skills. In principle, there's nothing new in this book. It is not a technically-heavy book for mental health professionals. This is written for our clients. The theme this book uses (video games) to present the material is easier for my clients to digest and internalize than many of the other techniques and books I have read and used. The additional fact that the author was so honest about his own perspective and struggles helped my clients to identify with him and cling to his words better than most other books I use. This has become one of

my go-to books for helping clients to set social skill goals. I recommend it to colleagues, as well.

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