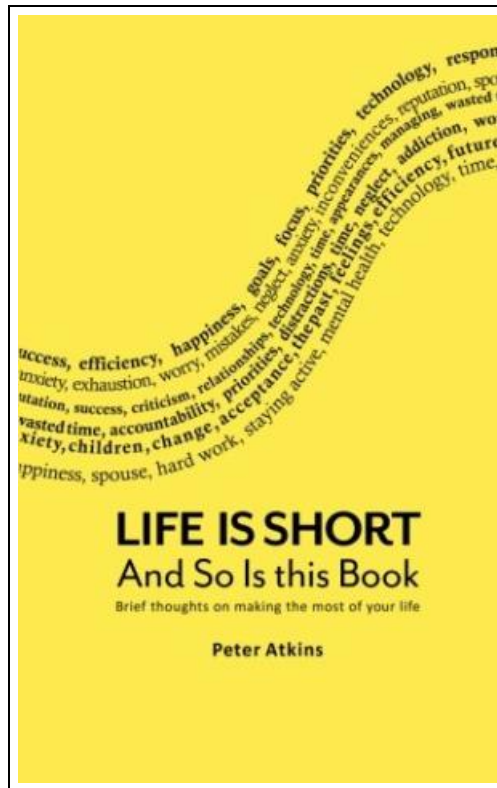


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Peter Atkins, 2011. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Life is short. You can, if you work hard and are lucky, get more of almost anything, but you can't get more time. Time only goes one way. The average American has a lifespan of less than 30,000 days. So how you choose to live matters. That's the topic of this book. I don't pretend to have all the answers. I'm still learning every day, and many of the good ideas here I've picked up from other people either directly or by reading. But this is what's worked for me. Like life, this book is short. Many books I read could communicate their ideas in fewer pages. So I've tried to be brief in line with the wise person who noted: "If I'd had more time I would have written a shorter letter". I don't think brevity implies lack of content. The concepts here have improved the quality of my life, and I hope they're useful to you as well. Using these concepts, I have created a life I love. My job doesn't feel like work. I love and respect the people with whom I spend time. And I'm also passionate about my life outside work. I've learned how to create a balance that makes me happy between work and other interests, including my family, friends and exercise. Sadly I think that's rare. And yet, while I know I'm lucky, most people can work towards those goals in their own lives. My interest in making the most of my life began when I was just starting college, but when I was in my mid-thirties a boss I admired died of cancer. He was young. He had a great wife; he had three young...



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