



Six Simple Rules for a Better Life: Practical, achievable ways to be happier, healthier and more...

David J. Singer

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Six Simple Rules for a Better Life is not another self-help manual touting all kinds of grand changes that are meant to impress you but that instead serve to oppress you, making you feel so guilty that you avert your eyes as you walk past the shelf where it sits next to a bunch of other impulsively bought, unread books, each accusingly calling out to you, *Why aren't you following my instructions?*

What it is: *Six Simple Rules for a Better Life* is a book filled with practical, achievable suggestions for all kinds of ways you can improve your life, along with a game plan for doing so.

In *Six Simple Rules for a Better Life*, you'll learn that Life is Long and that you can achieve your goals when you slow down to make the changes and stop to celebrate the progress.



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