

How To Simplify Your Life : Seven Practical Steps To Letting Go Of Your Burdens And Living A Happier Life: Seven Practical Steps To Letting Go Of Your - , Lothar Seiwert

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Practical wisdom on work, money, health, and relationships
The international bestseller How to Simplify Your Life offers concrete advice on achieving happiness in a time of economic contraction and uncertainty. The book explains, in seven steps, how to get rid of unnecessary stuff and unload the burdens of modern life--and points the way back to what we know is important but have forgotten. By following the path outlined in the book, readers will learn to organize their time (and their desks), change the way they think about money, improve their health and relationships, and find meaning in their lives.
The book shows readers how to:
Eliminate chaos in the workplace
Cut back on activities and slow down
Get rid of money hang-ups and get out of debt
Balance private life with career life
Make room for relationships
Author: Kustenmacher, Werner Tiki Author: Seiwert, Lothar Publisher: McGraw-Hill
Illustration: N Language: ENG Title: How to Simplify Your Life : Seven Practical Steps to Letting Go of Your Burdens and Living a Happier Life: Seven Practical Steps to Letting Go of Your Pages: 00300 (Encrypted EPUB) / 00300 (Encrypted PDF) On Sale: 2004-03-02 SKU-13/ISBN: 9780071433860 Lib Category: Conduct of life Lib Category: Self-actualization (Psychology) Category: Self-Help : Personal Growth - Happiness

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