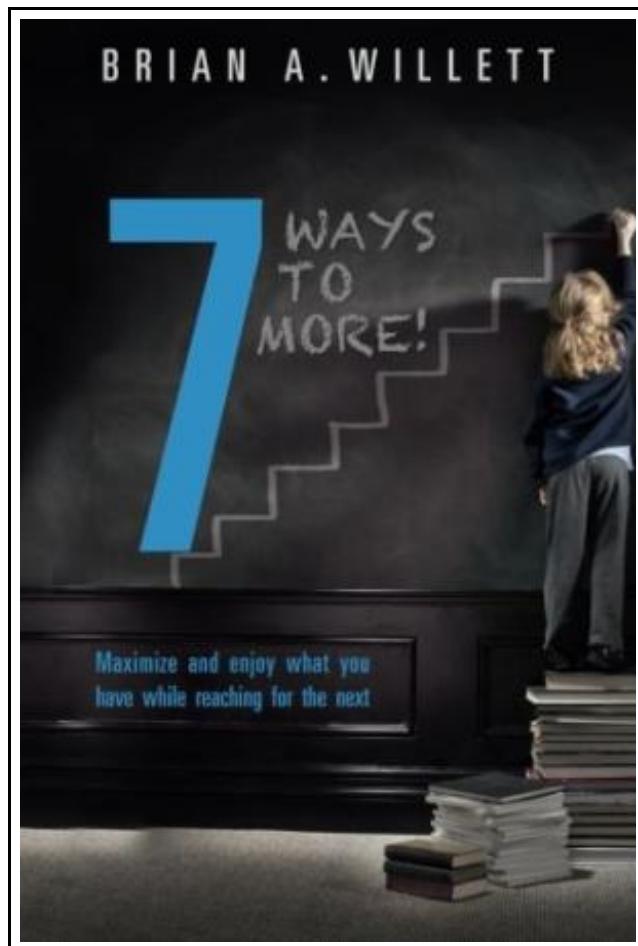


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. The pursuit of more can be a most excellent thing. Take self-improvement, for example. A better you adds more value to the lives of friends, family, and colleagues. A better you has more to offer the world—whether it's helping others reach their goals, identifying talent in someone else, insights, or numerous other contributions. The only way you can do this is if you are becoming more. So, how can you achieve this greater self? Author Brian A. Willett presents seven areas where pursuing more, whether it be qualitative or quantitative, is better: Health Personal development Goal setting Thinking Habits Spare time Faith and hope Beginning with health, Willett emphasizes that by living a healthier lifestyle, you will feel better and be able to accomplish more and work on improving other areas of your life. Moving on, he points out that, although formal education is a valuable resource, it is equally important to be a lifelong learner. These may seem like simple insights, but we often overlook them because we disregard their significance. Consider your spare time. You're probably wondering where it fits into the game plan for success. The truth is, what you do in your spare time determines what you achieve in all areas of your life. Discover the value of more—and start taking action today!.

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