



Effective Living: A Guide to Self-Fulfilment (Paperback)

By Dr Benson N Modie

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is intended to show how individuals can self-organise and commit to life in ways that allow for the transformation of their ideas and desires into reality. At the outset, the book introduces the concept of Effecting Living, which basically means living your life according to your desires, and loving it. The concept of Effective Living is a useful guide that can help individuals to develop their own comprehension of life, as well as recognize opportunities available to take part in a meaningful and fulfilling way in life. The rest of the book comprises short chapters that discuss the critical elements of Effective Living. These critical elements, which includes (but are not limited to) Self-Analyses, Purpose, Knowledge, and Choice, form the essential ingredients to enhanced personal development that subsequently allows for individuals to reach a state of self-mastery in the management of self in life. To acknowledge the significance of healthy living as a major contribution to sustainable well-being this book also include a short exercise aimed at helping individuals to develop a wellness maintenance programme. The exercise is...



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