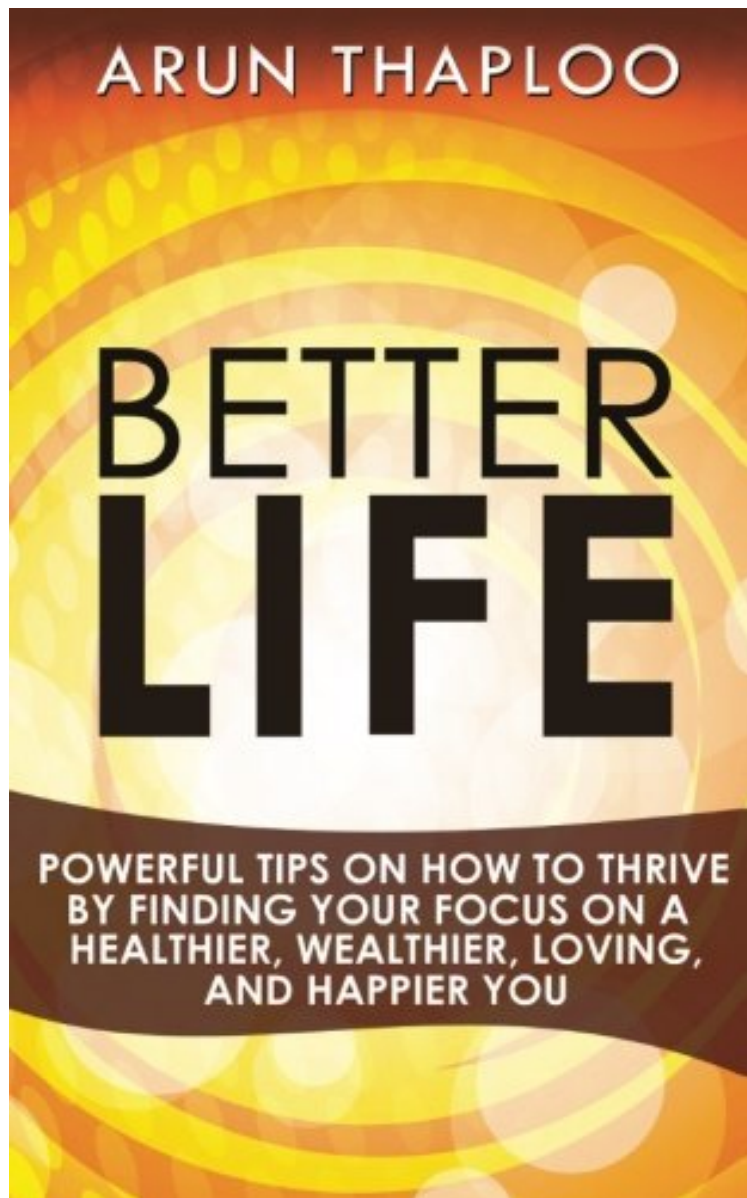


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Better Life: Powerful Tips on How to Thrive by Finding Your Focus on a Healthier, Wealthier, Loving, and Happier You

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If I were to take every self help book I have bought in the last ten years and condensed them into one easy to follow manual on how to live a better life... it still wouldn't hold a candle to this book. The thing I think is really cool is that it is separated into easy to read sections. Sections having to do with Thinking and creativity and health and wellness.... family and relationships.... finances and retirement planning.... communication skills.... and being charitable. I found myself pulling out my kindle and reading a few sections here and there... while I waited in line at the store, at the doctors office. And I have to say that I found myself smiling and feeling better emotionally and mentally the more I read and applied what I was learning to my life. I am going through some scary medical issues right now, so this was exactly what I needed to start giving myself an emotional and mental tune up. This is the kind of book that I will keep re-reading every time I feel my life needs a tune up. It covers so many different aspects that I think I need to buy hard copies for my son's for Christmas.... This is an owners manual for life :) I would recommend this book to anyone that is interested in living a happy life, energetic and productive life. That is what this book is doing for me.... giving me a whole new outlook on life.
0 of 0 people found the following review helpful. Rejuvenates both mind and soul!
By Rohit Raina
This book is really amazing. After buying it I thought of skimming through the first chapter, but ended up reading the whole book. Better Life is a powerful tool for anyone who wants to separate himself or herself from the crowd. Well written and organized, Better Life rejuvenates both mind and soul. The chapters are clearly identified and within each chapter the tips are in bold making it easy for the reader to locate something of interest. Arun Thaploo has peppered the narrative with his own life experiences as well as interesting stories that drive his points home. An essential read if you are looking to heal and nurture your mind and soul.
0 of 0 people found the following review helpful. Interesting
By S
Got it for free on . Although I would consider it a basic primer, It is helpful and I found it is interesting.

Are you intrigued by the fact that life sometimes throws you out of gear with a smack - and it always seems to happen suddenly, out of nowhere? Does this ring true whether or not everything has been working relatively well for you in the past as far as your professional and personal life is concerned? When this happens, you are left wondering what happened all of a sudden; you wonder what you could have done differently to avoid the pain. You will be surprised by what you are about to read in this book. You already have what it takes to win in today's world. You will learn ways to unleash that power within you. This book will give you insight into a variety of areas that are important to leading a meaningful life. The information covered in this book holds more relevance in present times as we are living in an increasingly complex world nowadays. You will find useful how and why tips on Creativity and Critical Thinking, Health and Wellness, Job Hunting and Careers, Family and Relationships, Retirement Planning, Communication and Influencing, along with Philanthropy and Giving. These tips are data driven and based on latest brain science research. Here are some powerful concepts that you will learn from this book: Why is it imperative to read and learn more about how to stay healthy than to rely completely on a doctor? And how can you minimize major health issues? Improve your level of thinking rapidly and take sound decisions in life most of the time. Learn these simple tips for a phenomenal career in order to grow much faster within your company. Why do we gain a better understanding of the importance of health, family, finances, etc., only after suffering a major setback in these areas? Develop these core habits and see your relationships dramatically improve. Why we cannot influence an individual sometimes with our viewpoint even though what we say holds immense value and makes perfect sense? Why do some people start having major health issues after retirement and what can you do to prevent this from happening to you? Why giving back to the society does not always mean doing so monetarily. These are powerful tips with long-lasting benefits. Read about a few concepts and put them into immediate practice. Once you master them, keep moving to another set of tips and so on. Within a few months, you will see your life taking a big leap towards a Better Life. And that is a promise. Would you like to know more? Scroll to the top of the page and select the Add to Cart button. You will be glad you did.

About the Author
Arun Thaploo is a business coach, critical thinker, motivational speaker, and sales and marketing professional. Since 2006, he has done an enormous amount of research on brain science and how the human brain thinks and works. Backed by numerous case studies and analyzing massive data, he leverages the new age thinking in helping individuals and corporations explore creativity, innovation, human genius and business growth. During his free time, Arun is primarily reading nonfiction books, writing, generating new business ideas, meditating, doing yoga, gardening, hiking or listening to music.