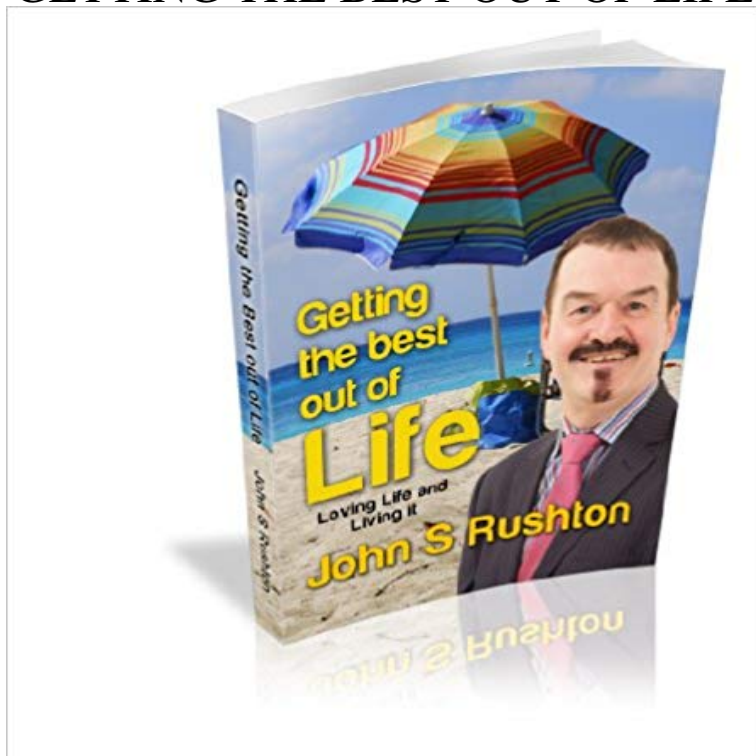


GETTING THE BEST OUT OF LIFE (THE ALCHEMY OF LIFE)



GETTING THE BEST OUT OF LIFE is a short book in a trilogy of easy light reading. The other two books are WHATS LOVE ALL ABOUT and ITS NOT YOU ITS ME. They are part of an on-going series of books dealing with life and how we interact with it and where at times we go wrong. The series is THE ALCHEMY OF LIFE. Two other main books are available LOVE YOUR LIFE and AT A CROSSROADS the next book is called ITS ALL IN THE MIND. Each book is in easy to read chapters and short paragraphs making them easy to read on the go or just pick up and put down in those odd moments that one has available. GETTING THE BEST OUT OF LIFE is just that. It highlights at times what we miss out on or start to dwell on the problems and thus never quite find the solutions. We have but one life so we must optimise it and enjoy every minute we can despite the pitfalls and dark days that sometime loom large. The authors website :-www.thelifedoctor.infowww.liferadiointernational.com LIFE RADIO INTERNATIONAL is a global 24/7 radio station broadcasting in English on the subject of emotions. Please feel free to listen in and see the topics on our website. I hope you enjoy the books. Kind regards...John Rushton Author

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