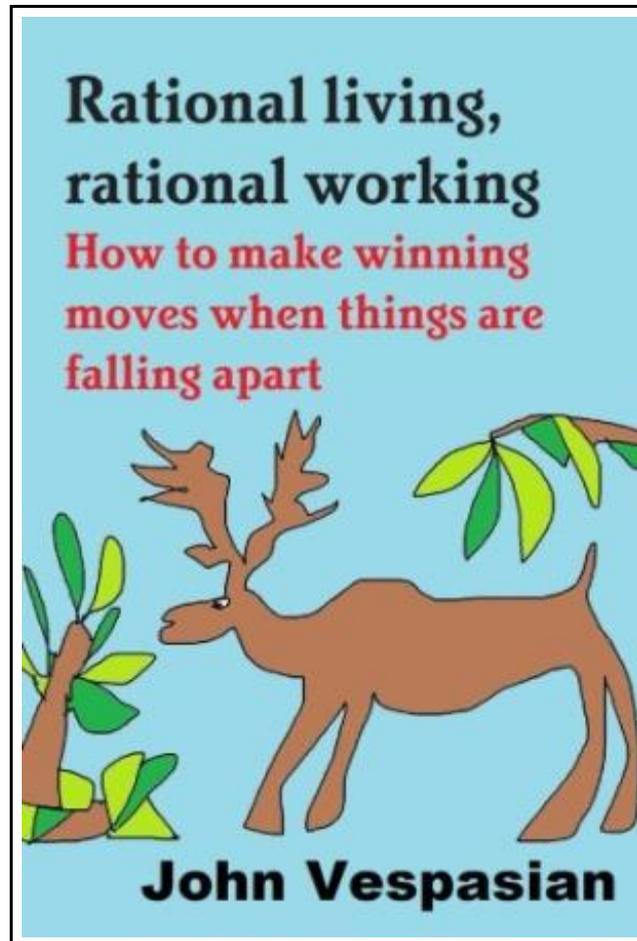


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you trying to live rationally and facing all kinds of difficulties? How do you deal with people who won't listen to logical arguments? How should you react to situations of massive unfairness? This book provides practical advice on how to live rationally and maximize your chances of happiness in every situation. Amongst others, it will show you how to minimize stress and maintain your peace of mind, benefit from the advantages of non-linear thinking, avoid short-sighted decisions, and increase your resilience during times of adversity. Each chapter contains real-life examples of individuals who have used reason to surmount obstacles, solve personal problems, and recover from setbacks. The ideas presented in this book will help you make better decisions, increase your effectiveness, and enjoy the benefits of rational living. TABLE OF CONTENTS 1. Become conscious of your uniqueness A method for building an unshakable self-confidence Overcome weaknesses in one area by strengths in others Let go of distractions and focus on your unique talents It is time to discard meaningless comparisons Why do millions of people waste their talents? 2. Dream in decades, but live by days Get rid of work overload and improve your results The type of deadlines that generate little stress Quick relief for those who are about to quit The right way to deal with adversity Before you make a rash move, read this A proven solution to a critical problem 3. Understand that most people won't understand Are you afraid of rejection and failure? The most effective method for overcoming self-doubt Warning: irrational motivation can wipe you out Do not trust inaccurate interpretations When the wrong choice turns out to be...



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