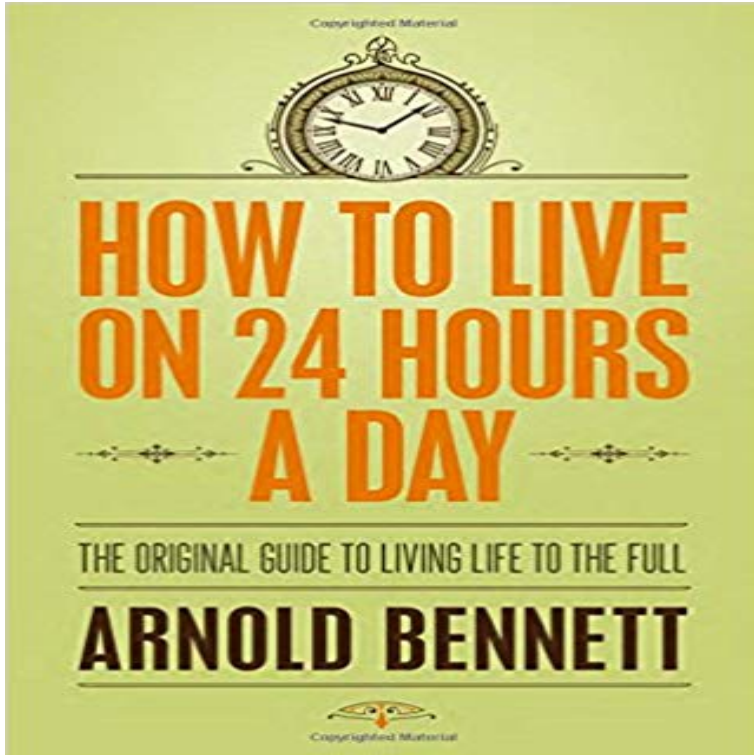


# How to Live on 24 Hours a Day: The Original Guide to Living Life to the Full



Originally published in 1910, this guide offers down-to-earth, practical advice about how to make the most of your day and how to strike the work-life balance an issue still at the forefront of modern society's concerns. As you look back on the year that has just past, do you feel as though you spent another 12 months merely existing instead of truly living? Do you often go to bed at night with an anxious, sinking feeling that you wasted away another precious day? The important lesson, according to Arnold Bennett's guide, is to commit to carving out some time each day to do things that will really enrich your life and help you progress. Investing all your hours in a job you dislike; your routine consisting of getting up, going to work, coming home, unwinding, and going to bed Bennett argues that this is not living but simply existing. Bennett's solution is to make the most of the time either side of working hours, the commute, the evening hours, and that golden time, the weekend! Time can be spent in various pursuits, from literature, enjoying of the arts, or even just time spent in reflection. This pioneering and original lifestyle and time management guide is succinctly and cleverly written in an easy-to-read and narrative style that readers will enjoy and find as useful today as it was 100 years ago.

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The former are less in need of advice how to live. full indicated h.p. The other eight working hours of their day may be badly or- . life! It is yours. It is the most precious of possessions. A highly singular com-. **How to Live on 24 Hours a Day - Wikipedia** Read the original guide to living life to the full and making every hour count in this classic twentieth-century self-help style volume. As you look back on the year **Guide to living abroad: Abu Dhabi - Telegraph** a legal document. Official Medicare and Medicaid Program legal guidance . levels that will improve residents care and quality of life. . manage the full range of services and supports available in your In assisted living, residents often live in their own room or apartment .. Is there a licensed nursing staff 24 hours a day,. **How to Live on 24 Hours a Day: The Original Guide to Living Life to** This short book called How to Live on 24 Hours A Day, published over 100 years ago, will help you out. 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