



# The Rhythm of Life: Living Every Day with Passion and Purpose

*Matthew Kelly*

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## **The Rhythm of Life: Living Every Day with Passion and Purpose** Matthew Kelly

In this classic bestseller, acclaimed author and speaker Matthew Kelly offers inspiring, take-charge strategies to help you discover your deepest desires, identify your unique talents, and lead a life filled with passion and purpose.

Do you ever feel that if you weren't so busy you would be happier, healthier, more effective, more fulfilled...and maybe even a better person? *The Rhythm of Life* will help you to bring into focus who you are and why you are here. Through this book Matthew Kelly will help you discover your legitimate needs, deepest desires, and unique talents—and become the-best-version-of-yourself. He helps you bring into focus who you are, why you are here, and what possibilities stand before you...

*Everything is a choice. This is life's greatest truth and its hardest lesson. It is a great truth because it reminds us of our power to live the life of our dreams. It is a hard lesson because it causes us to realize that we have chosen the life we are living right now.*

*The measure of your life will be the measure of your courage. Fear stops more people from doing something with their lives than lack of ability, contacts, resources, or any other single variable. Fear paralyzes the human spirit. Life takes courage.*

With this groundbreaking guide, Kelly cuts through the stifling clutter of our everyday lives and delivers a clarity that is both refreshing and liberating.

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