



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

By Matthew Kelly

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The Rhythm of Life: Living Every Day with Passion and Purpose By 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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Editorial Review

Amazon.com Review

Matthew Kelly, the charismatic minister, speaker and best-selling author from down under, wants you to live life out loud and on purpose. In this expanded version of *The Rhythm of Life* he synthesizes Christian theology, cognitive psychology and storytelling to unpack the paradox of being happy. As Kelly explains, "We want to be happy. We know what makes us happy. But we don't do those things--because we are busy trying to be happy." So here's the gospel according to Kelly: Find a life-changing rhythm by choosing a central purpose and becoming "the best version of yourself." With examples drawn from his own life and diverse cast of characters including Charlie Chaplin, Jude the apostle, piano man Billy Joel, the Magi, and Willy Wonka's chocolate factory, he maps the way to a meaningful life. Kelly makes thoughtful distinctions. He contrasts the difference between doing and having, the legitimate need for health and happiness with the illegitimate desire for expensive toys and the pursuit of minimalism vs. excellence. Then he gets specific, offering five questions about life's meaning, three instruments for anchoring your life and ten principles of excellence. At times, Kelly seems to be recycling his speeches and sermons or downplaying his religious stripes to seek a wider audience. And he lets clichés share the pages with memorable gems. But Kelly's gift is to convey the much-discussed ideas of personal accountability, mind management, and spirituality with passion and clarity.

Barbara Mackoff

From Publishers Weekly

Now 30, Kelly began his Catholic inspirational speaking at the age of 19. In this new edition of his self-published book, Australian-born, Cincinnati-based Kelly exhorts readers to rediscover what he calls the rhythm of life: "the perfect combination of rest, activity, and pace" that will enable each of us to become "the-best-version-of-ourselves." Some will be inspired by these sermonlike essays; others will feel Kelly recycles standard self-help messages, such as "everything is a choice" and "enjoy the journey." Much, for Kelly, rests in self-discipline and control. "If you can teach yourself, condition yourself, to desire those things that are good for you, there is nothing you cannot achieve or become." Like so many self-help authors, Kelly also promotes good sleeping, eating and exercise habits, and suggests a daily hour of prayer and using the "seventh day as a day of rest, reflection, and renewal." More idiosyncratically, he predicts that what he sees as our declining civilization will end in 60 years to be replaced by a vaguely defined superior one.

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Review

Hal Urban, author of *Life's Greatest Lessons* In *The Rhythm of Life* Matthew Kelly shows us how to find lasting happiness in a changing world...and how to fall in love again...with life. His message is both timely and timeless.

Ken Blanchard, coauthor of *The One Minute Manager* Matthew Kelly's *The Rhythm of Life* is a treasure for all those who dare to believe that there is a best-version-of-themselves...miss it at your peril!

Dr. Stephen R. Covey, author of *The 7 Habits of Highly Effective People* I loved this book! It provides significant insights into living a happier, healthier, more rewarding life.

Users Review

From reader reviews:

Donald Hamann:

Now a day people who Living in the era where everything reachable by talk with the internet and the resources inside can be true or not demand people to be aware of each information they get. How individuals to be smart in receiving any information nowadays? Of course the answer is reading a book. Looking at a book can help persons out of this uncertainty Information mainly this The Rhythm of Life: Living Every Day with Passion and Purpose book as this book offers you rich details and knowledge. Of course the info in this book hundred % guarantees there is no doubt in it everbody knows.

Clifford Walsh:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their spare time with their family, or their own friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your free time/ holiday? May be reading a book might be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the guide untitled The Rhythm of Life: Living Every Day with Passion and Purpose can be great book to read. May be it could be best activity to you.

Krystal Sutherland:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that is look different you can read some sort of book. It is really fun for you. If you enjoy the book you read you can spent the whole day to reading a book. The book The Rhythm of Life: Living Every Day with Passion and Purpose it is quite good to read. There are a lot of people that recommended this book. They were enjoying reading this book. When you did not have enough space to develop this book you can buy the particular e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too expensive but this book possesses high quality.

Janice Evans:

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