



There Is No App for Happiness: How to Avoid a Near-Life Experience (Hardback) - Common

By By (author) Max Strom



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Lays out the three simple steps to take back control of our lives: Imperative One: Self-study; Imperative Two: Live as if your time and your lifespan were the same thing; Imperative Three: Learn a daily regime that heals and empowers you, and practice it one hour a day.

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