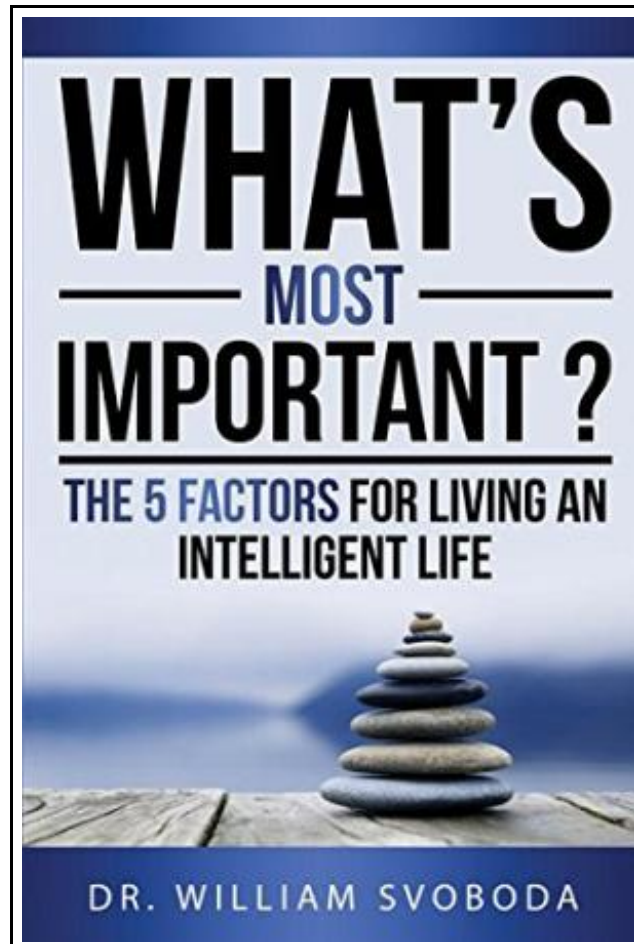


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Next Century Publishing, United States, 2016. Paperback. Book Condition: New. 229 x 155 mm. Language: English . Brand New Book. Let s start a revolution. I want us to start a revolution. We need to start a revolution. I don t mean an armed rebellion against the government or other forms of authority. I mean an intellectual and behavioral revolution that questions the status quo at every level and then makes changes based on that which we deliberately determine to be most important. These are the words of Dr. Bill Svoboda, and he invites you to join his revolution that, literally, will change your life. By asking yourself the question What s Most Important? you will take the first step in challenging and changing your thinking and behaviors. But how do you determine what s most important to you? Dr. Svoboda will guide you through the process to determine your values and priorities in life, by analyzing five factors: Factor 1: Gaining and Maintaining Physical Health; Factor 2: Gaining and Maintaining Mental Health; Factor 3: Gaining and Maintaining Financial Security; Factor 4: Mastering and Using Problem-Solving and Critical-Thinking Skills; Factor 5: Acting Responsibly to Others, the Environment, and Yourself. These factors are the keys to living a well-rounded, satisfying and focused life. They will help you to: Use your discretionary time to seek information that can improve your life and the lives of those around you Develop the ability to use objective questions, healthy skepticism, and critical analysis of ideas and actions Shift away from a win-lose mentality in decision-making and negotiating to a problem-solving process based on win-win solutions that emphasize positive human consequences Develop a lifestyle that emphasizes plant-based, nutritious real foods along with a variety of physical exercise Gain an increased awareness to conserve and nurture what...



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