

By Example: Twelve Personal Missions That Will Maximize Your Human Potential, 2013, 240 pages, Travis Slone, 145661617X, 9781456616175, eBookIt.com, 2013

The great Seneca once warned, "If we do not to which port we are sailing, no wind will be favorable to us." This wise quote speaks to the importance of developing purpose, direction, and motivation not from others, but from within. By Example is a pathway toward that goal. Whether in leadership, or in life, these twelve personal missions will empower you to influence widespread positive change, and to maximize your own unique human potential. As the title suggests, this program will challenge you to focus primarily on yourself, and to accept responsibility for your own legacy. By completing each training exercise, you will learn to combat challenges with both insight, and healthy habits. To live and lead this way requires a lifelong process of learning and growth. Therefore, why wait another day? Begin where you are; open this thought-provoking guide, and strive to live life... By Example.

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A Good Death: On The Value Of Death And Dying On the value of death and dying, Sandman, Lars, Sep 1, 2004, Medical, 172 pages. Sandman highlights how our changing ideas about the value of life shape the concept of a good death. He explores the varying perspectives on the good

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