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Book Review: The Daily Six	Related Resources
<p style="text-align: center;"><i>The Daily Six:</i> Six Simple Steps to Find the Perfect Balance of Prosperity and Purpose by John Chappellear Review by C.S. Clarke, Ph.D.</p> <p>Are you are a Type A, stressed out, work, work, work achievement junkie who is not really satisfied with the half-life you're living, but doesn't really respect the "touchy-feely" pseudo-psychologist self-improvement gurus? I've got a great book recommendation for you.</p> <p>The Daily Six is written by a hard-driving, Type A, no-nonsense businessman who ran headlong into a kind of brick wall of enlightenment that helped him change his focus and his life. He learned how to make a whole, balanced life for himself and teaches you to adopt the perspectives and actions that will produce the same balance without the brick wall. You'll find John Chappellear is someone you can respect and believe, because he's had the experience and he makes very good sense.</p> <p>Like the good businessman he is, he gets right to his points when he outlines and explains six practices you need to incorporate into your daily life to be successful, prosperous and personally fulfilled. Yet, he includes exactly enough instructive detail and plenty of apt anecdotes to keep a smooth flow of interest in this easy, fast read. He is both succinct and persuasive.</p> <p>Best of all, he doesn't ask you to add time and tasks to your already hectic life. He asks you to change your focus to be able to select the most important things to do to live well and happily. And to drop the unnecessary busyness and worry that you never needed in the first place. Take the short time needed to read this book. You'll be glad.</p>	

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