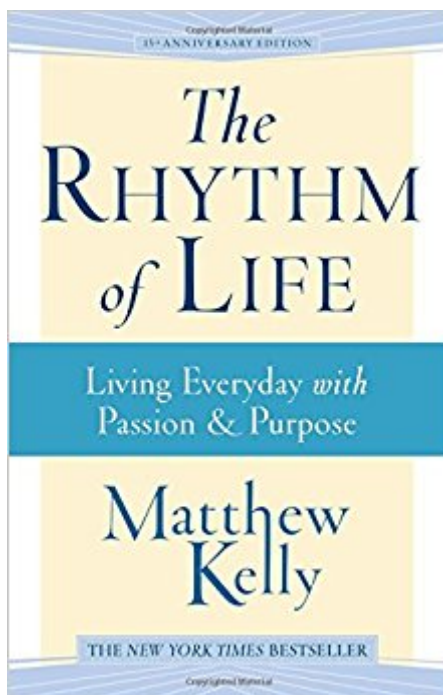


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The Rhythm Of Life



Synopsis

In *The Rhythm of Life* Matthew Kelly exposes the lifestyle challenges and problems that face us in this age obsessed with noise, speed, and perpetual activity. Kelly's message rings out with a truth that is challenging and unmistakably attractive: Who you become is infinitely more important than what you do, or what you have. Are you ready to meet the best version of yourself? *The Rhythm of Life* is a brilliant and clear-eyed rejection of the chaotic lifestyle that has captured the world, written with common sense, humor, and extraordinary insight. This book is destined to change lives!

Book Information

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Customer Reviews

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 --This text refers to an out of print or unavailable edition of this title.

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. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

I have reread this book several times, I wish everyone would take the time to read it. Matthew Kelly knows how to write a book that can change your life.

I truly love Matthew Kelly books and cds. He is an inspiration. He writes in a way that makes you look closer at your life and relationships. He reaches out and touches you with his words. I have shared my copy and purchased a couple for others as well. Great read for young adults as well as older Christians.

LIVE A LIFE UNCOMMON! To not read this book is to rob yourself of a life lived more meaningfully and more passionately. Matthew Kelly is more than a genius. A man with unmatched intelligence and a heart and spirit to match. At the age of 31, he has the clarity, wisdom, and insight to break through directly to the heart of the matter and enlighten us with the truth. Life is not about doing and having. Life is about being. 'Who you become is infinitely more important than what you do or what

you have.' I have read the book four times and appreciate everything in my life more because of it. Every person, every relationship, every day, every breath! When you know what life is all about, you know the right answer to every question asked. When you know what life is about, you know what you should dedicate your time to. When you know what life is about, focusing comes naturally. 'Dedicate yourself to the things that deserve your dedication.' Matthew Kelly explains that the purpose of life is for us to become the-best-version-of-ourselves. The world doesn't need another Mother Theresa, the world doesn't need another Tiger Woods, the world needs you! Each of us can do one thing better than any other person alive at this moment in history. Matthew Kelly encourages us to discover our genius. My review doesn't even scrape the surface of the marvels of this book. READ THIS BOOK! There is not a person on this earth who wouldn't benefit from Matthew's incomparable message.

This book changed my life and the way I look at life. Very special to my heart. Truly set me on my path. THANK YOU MATTHEW KELLY! I buy this book for every graduate I know and every friend I've met struggling to find their way or to really learn themselves.

I've shared this book with my adult children, and share many of the life lessons in it with friends and colleagues. Each page gives fresh words of wisdom that ring true. It's inspiring without being sermon-izing. I'm sure I will read it again and again.

Awesomeness at its best. Really Good Takeaways. Even if we can practice 50 percent of what Kelly says, you start feeling on top of the world. For someone like me who strongly believes that you are on this planet with a cause and that is you're 'Born to Love'. The golden rule that you should only better yourself on daily basis increases your capacity and reasons to love. Thank You Mr Kelly.

Matthew Kelly continues to deliver. He not only enlightens his readers in this book, but challenges them to look inward. We can all use this rhythm as we continue our dance with God.

This book changed my life. After having some family issues, sought therapy. My therapist recommended this book as changing his life. He was right. It is a really, really good read. It helped me bring everything in life in perspective. Helped me and my family tremendously. I buy it and share it frequently for this reason.

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