



The Rhythm of Life

Matthew Kelly

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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!

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