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Autore	Cohen Daniel
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Sommario/riassunto	<p>MIND, BODY, SPIRIT. We have all had moments when a death, a near miss, or a sudden change of luck jolts us into a different perspective. In these instants, we intuitively know the essence of a life well lived; we know what matters, yet we rarely act on these flashes of insight. Instead, they quickly fade. Sometimes all it takes is a phone call or text message, and we're back to our everyday problems and distractions. What stands in the way of our ability to create the insight we need and act on it every day? The same distractions that have always plagued human beings: the pressure to make a living, the stress of dealing with other people, the burden of expectations, and the swiftness of time. To rise above these distractions and tap into the best version of yourself, you need to unpack the details that make up your daily existence. You need to hold them up to the light, reconsider them, and decide what to keep, what to lose, and what to do differently.</p>