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Nota di contenuto	""Cover ""; ""Foreword""; ""Preface""; ""Acknowledgments and Dedication""; ""Contents""; ""Introduction""; ""Chapter 1. Changeable and Non-Changeable Things""; ""Chapter 2. The Universal Laws and Principles""; ""Chapter 3. Goals and Means""; ""Chapter 4. Reaching the Goal with Right Steps""; ""Chapter 5. Are We The Masters of Our Destiny?""; ""Chapter 6. We Cannot Reverse The Course of Events""; ""Chapter 7. The Intrinsic Nature of the Foundation is the Same""; ""Chapter 8. Right Assessment is Imperative Before Responding""; ""Chapter 9. Adjustment to Changing Situations"" ""Chapter 10. Understanding the Nature of Things and Truth""""Chapter 11. Discernment of Truth from Untruth""; ""Chapter 12. Illusory and Insubstantial Appearances""; ""Chapter 13. Not to Judge by Appearances""; ""Chapter 14. Attending to Things in Awareness""; ""Chapter 15. It is Important to be Practical and Realistic in Life""; ""Chapter 16. Searching for Things""; ""Chapter 17. Rendering of Service""; ""Chapter 18. Optimal Conditions for Maximal Development""; ""Chapter 19. For Any Revolution, One Aims at the Roots""; ""Chapter 20. No Need to Complain Over Things that are Natural"" ""Chapter 21. We Must Abstain from Denaturing the Nature of Things""""Chapter 22. We Must not Force the Nature of Things""; ""Chapter 23. With Changing Parameters, the Value of Things Changes""; ""Chapter 24. One Needs not be Perturbed by the Vicissitudes of Life""; ""Chapter 25. Time and Life""; ""Chapter 26. Life is

More Precious Than Time""; ""Chapter 27. Procrastination - The Thief of
Life ""; ""Chapter 28. Biding Time to Act at the Right Moment"";
""Chapter 29. Happiness-An Attitude""; ""Chapter 30. Too Much
Goodness Becomes Harmful""
