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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	<p>""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""</p> <p>""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""</p> <p>""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</p>

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
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