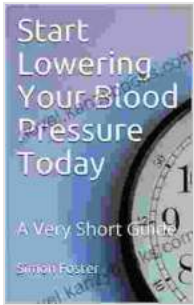


Very Short Guide: The Ultimate Guide to Living a Simpler, More Meaningful Life



Start Lowering Your Blood Pressure Today: A Very Short Guide by Simon Foster

★★★★★ 5 out of 5

Language	: English
File size	: 1532 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 13 pages
Lending	: Enabled
Screen Reader	: Supported



Are you feeling overwhelmed and stressed out by the demands of modern life? Do you long for a simpler, more meaningful existence? If so, then the Very Short Guide is the book for you.

The Very Short Guide is a practical, easy-to-follow guide to living a simpler, more fulfilling life. This book will help you to:

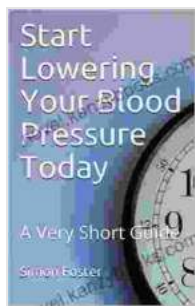
- Declutter your life and get rid of the things that are holding you back
- Find your purpose and live a life that is true to yourself
- Cultivate mindfulness and presence
- Build strong relationships with family and friends
- Live a life of purpose and meaning

The Very Short Guide is based on the latest research in psychology, neuroscience, and spirituality. This book will help you to understand the science behind a simpler, more meaningful life. You will learn how to:

- Reduce stress and anxiety
- Increase happiness and well-being
- Improve your physical and mental health
- Live a longer, more fulfilling life

If you are ready to live a simpler, more meaningful life, then the Very Short Guide is the book for you. This book will help you to declutter your life, find your purpose, and live a life that is true to yourself.

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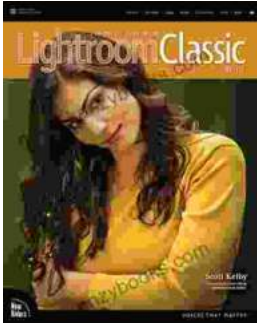
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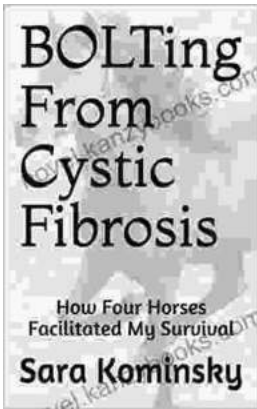
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