



Zen Habits: Handbook For Life

Leo Babauta

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This handbook is a collection of some of my best articles from ZenHabits.net. It provides you with hundreds of tips for improving your life through simplicity, productivity, and happiness. At the request of my readers, I've hand-picked the articles and put them together for you in an easy to read format. When I first started out in my adult life, 17 years ago, it would have been nice if someone I respected had given me a handbook, with all the essential topics covered in a how-to format. It would have taught me to simplify my life, which I've learned to do in the last few years. It would have talked about the essentials of happiness, and how to be productive and achieve my dreams. Of course, life doesn't come with such a handbook, but that didn't stop me from trying to create one. I hope this handbook will be of some use to you and help you achieve your dreams too. Choose the articles that apply best to your life, and give them a try. I bet you'll be pleasantly surprised.

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