



The Rules of Life: A Personal Code for Living a Better, Happier, More Successful Life

Richard Templar

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Think about the world's happiest, most contented, most fulfilled people...

How'd they get that way?

Is it their genes? *No.* Money? *Absolutely not.*

It's about the small choices they make, every day.

Things you can do. Things you can change.

It's about what *they* know and *you* can learn:

The Rules of Life.

Here they are:

100 personal, *practical* rules for dreaming, planning, living, loving, and overcoming even life's toughest adversities...

For knowing what matters... learning from experience...using your intuition... changing what you can...de-stressing... staying younger... *getting stronger.*

Read 'em. Learn 'em. *Live* 'em.

You'll feel better. You'll live better.

You'll be a better friend, partner, parent, child, *human being.*

You'll *do* it: one small, simple step at a time.

One step a day, every day. *Starting today.*

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