

The Zen Habits Handbook for Life is a compilation of Leo Babautas best articles on living from a Zen Habits perspective. What will this book teach you to do? Basically the same things that Zen Habits aims for overall: how to simplify your life, how to live a happier life, how to be more productive with less stress, how to achieve your dreams. The book includes chapters on decluttering, single-tasking, eliminating nonessentials, planning your day, clearing your inbox, getting motivated, cultivating compassion, boosting self-confidence, living consciously, and much more! Think of it as a little handbook for a better life.

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