



## Learn from Yesterday, Live for Today, Hope for Tomorrow

*Barry Richard Parker*

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# Learn from Yesterday, Live for Today, Hope for Tomorrow

Barry Richard Parker

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An inspirational book that includes articles on happiness, motivation, relief from stress and other related topics. The emphasis throughout the book is to "Live for today", and not worry about the future and any mistakes you have made in the past. How to enjoy life more, how to use positive thinking and how to raise your "happiness set point" are also discussed.



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