



## The Rhythm of Life: Living Everyday With Passion and Purpose

By Matthew Kelly

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**The Rhythm of Life: Living Everyday With Passion and Purpose** By Matthew Kelly

Do you ever feel that if you weren't so busy you would be happier, healthier, more effective, more fulfilled . . . and maybe even a better person?

Once every twenty-five years or so, a book comes along that perfectly identifies our common search and struggle for happiness, and teaches us how to find lasting fulfillment in a changing world. This is that book. Not since M. Scott Peck published *The Road Less Traveled* have we experienced a voice as refreshing and authentic as Matthew Kelly's.

The Rhythm of Life will help you to bring into focus who you are and why you are here. Through this book Matthew Kelly will help you discover your legitimate needs, deepest desires, and unique talents. He will introduce you to the best-version-of-yourself and lead you to a life filled with passion and purpose.

Here are just a few of the timeless creeds that he presents in *The Rhythm of Life* . . .

“You were born to become the best-version-of-yourself. This is your essential purpose. Embrace this one solitary truth and it will change your life more than anything you have ever learned. In every situation, ask yourself, Which of the options before me will help me become the best-version-of-myself?”

“Everything is a choice. This is life's greatest truth and its hardest lesson. It is a great truth because it reminds us of our power. Not power over others, but the power to be ourselves and to live the life we have imagined. It is a hard lesson because it causes us to realize that we have chosen the life we are living right now.”

“The measure of your life will be the measure of your courage. Courage animates us, brings us to life, and makes everything else possible. Fear stops more people from doing something with their lives than lack of ability, contacts, resources, or any other single variable. Fear paralyzes the human spirit. Life takes courage.”

“Energy is our most valuable resource, not time. The rhythm of life is a way of

life that brings our legitimate needs, our deepest desires, and our unique talents into harmony with each other. The result: passion, purpose, and energy.”

Kelly has a way of thinking and writing that cuts through the stifling clutter of our everyday lives and delivers a clarity that is both refreshing and liberating.

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*By Matthew Kelly*

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## **The Rhythm of Life: Living Everyday With Passion and Purpose By Matthew Kelly Bibliography**

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### Editorial Review

#### Amazon.com Review

Matthew Kelly, the charismatic minister, speaker and best-selling author from down under, wants you to live life out loud and on purpose. In this expanded version of *The Rhythm of Life* he synthesizes Christian theology, cognitive psychology and storytelling to unpack the paradox of being happy. As Kelly explains, "We want to be happy. We know what makes us happy. But we don't do those things--because we are busy trying to be happy." So here's the gospel according to Kelly: Find a life-changing rhythm by choosing a central purpose and becoming "the best version of yourself." With examples drawn from his own life and diverse cast of characters including Charlie Chaplin, Jude the apostle, piano man Billy Joel, the Magi, and Willy Wonka's chocolate factory, he maps the way to a meaningful life. Kelly makes thoughtful distinctions. He contrasts the difference between doing and having, the legitimate need for health and happiness with the illegitimate desire for expensive toys and the pursuit of minimalism vs. excellence. Then he gets specific, offering five questions about life's meaning, three instruments for anchoring your life and ten principles of excellence. At times, Kelly seems to be recycling his speeches and sermons or downplaying his religious stripes to seek a wider audience. And he lets clichés share the pages with memorable gems. But Kelly's gift is to convey the much-discussed ideas of personal accountability, mind management, and spirituality with passion and clarity.

*Barbara Mackoff*

#### From Publishers Weekly

Now 30, Kelly began his Catholic inspirational speaking at the age of 19. In this new edition of his self-published book, Australian-born, Cincinnati-based Kelly exhorts readers to rediscover what he calls the rhythm of life: "the perfect combination of rest, activity, and pace" that will enable each of us to become "the-best-version-of-ourselves." Some will be inspired by these sermonlike essays; others will feel Kelly recycles standard self-help messages, such as "everything is a choice" and "enjoy the journey." Much, for Kelly, rests in self-discipline and control. "If you can teach yourself, condition yourself, to desire those things that are good for you, there is nothing you cannot achieve or become." Like so many self-help authors, Kelly also promotes good sleeping, eating and exercise habits, and suggests a daily hour of prayer and using the "seventh day as a day of rest, reflection, and renewal." More idiosyncratically, he predicts that what he sees as our declining civilization will end in 60 years to be replaced by a vaguely defined superior one.

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#### Review

"I loved this book! It provides significant insights into living a happier, healthier, more rewarding life."  
-- Dr. Stephen R. Covey

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#### James Sharpton:

Do you have favorite book? When you have, what is your favorite's book? Guide is very important thing for us to understand everything in the world. Each book has different aim or even goal; it means that reserve has different type. Some people truly feel enjoy to spend their time and energy to read a book. They may be reading whatever they acquire because their hobby is reading a book. Consider the person who don't like

reading through a book? Sometime, particular person feel need book once they found difficult problem as well as exercise. Well, probably you will want this The Rhythm of Life: Living Everyday With Passion and Purpose.

#### **John Burns:**

The feeling that you get from The Rhythm of Life: Living Everyday With Passion and Purpose is the more deep you rooting the information that hide within the words the more you get serious about reading it. It doesn't mean that this book is hard to understand but The Rhythm of Life: Living Everyday With Passion and Purpose giving you excitement feeling of reading. The author conveys their point in certain way that can be understood through anyone who read the idea because the author of this e-book is well-known enough. This book also makes your vocabulary increase well. Making it easy to understand then can go along, both in printed or e-book style are available. We highly recommend you for having this kind of The Rhythm of Life: Living Everyday With Passion and Purpose instantly.

#### **Daniel Engle:**

Reading a book being new life style in this calendar year; every people loves to read a book. When you learn a book you can get a lots of benefit. When you read books, you can improve your knowledge, mainly because book has a lot of information on it. The information that you will get depend on what kinds of book that you have read. If you want to get information about your examine, you can read education books, but if you act like you want to entertain yourself look for a fiction books, this kind of us novel, comics, and also soon. The The Rhythm of Life: Living Everyday With Passion and Purpose offer you a new experience in looking at a book.

#### **Mary Wines:**

As a student exactly feel bored in order to reading. If their teacher expected them to go to the library or even make summary for some book, they are complained. Just minor students that has reading's internal or real their leisure activity. They just do what the trainer want, like asked to go to the library. They go to right now there but nothing reading critically. Any students feel that studying is not important, boring as well as can't see colorful images on there. Yeah, it is to become complicated. Book is very important for you. As we know that on this period, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. So , this The Rhythm of Life: Living Everyday With Passion and Purpose can make you sense more interested to read.

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