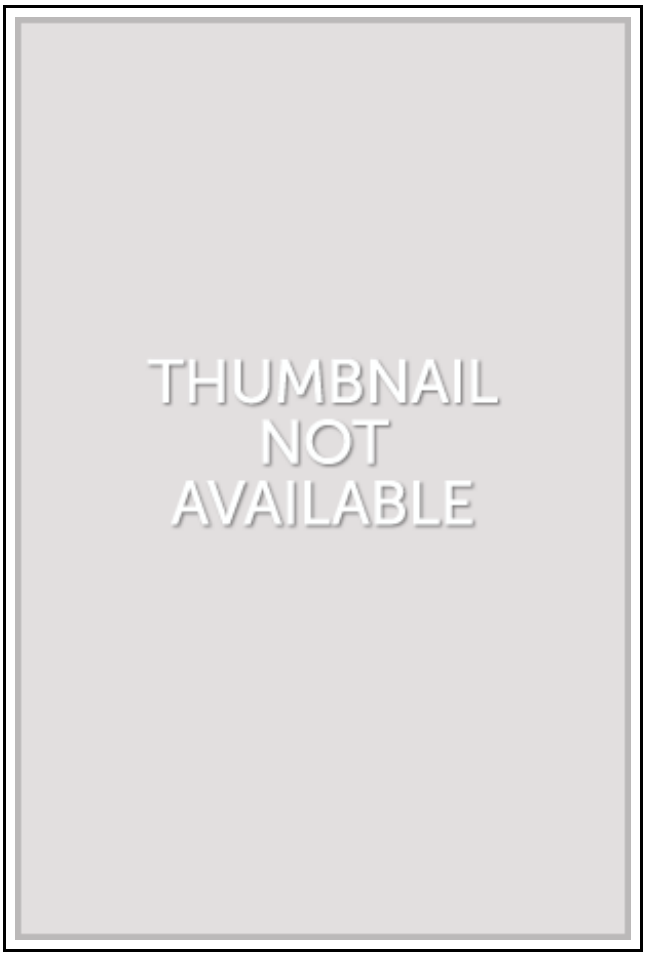
How to Live on Twenty-Four Hours a Day: How to Live (Paperback)



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Reviews

Definitely one of the best book I actually have ever go through. Sure, it can be perform, nonetheless an amazing and interesting literature. I found out this pdf from my dad and i suggested this book to discover.

(Ms. Chanel Streich)

HOW TO LIVE ON TWENTY-FOUR HOURS A DAY: HOW TO LIVE (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.How to Live on Twenty-Four Hours a Day by Arnold Bennett - How to Live on 24 Hours a Day (1910), written by Arnold Bennett, is part of a larger work entitled How to Live. In this volume, he offers practical advice on how one might live (as opposed to just existing) within the confines of 24 hours a day. In the book, Bennett addressed the large and growing number of white-collar workers that had accumulated since the advent of the Industrial Revolution. In his view, these workers put in eight hours a day, 40 hours a week, at jobs they did not enjoy, and at worst hated. They worked to make a living, but their daily existence consisted of waking up, getting ready for work, working as little as possible during the work day, going home, unwinding, going to sleep, and repeating the process the next day. In short, he didn t believe they were really living. Bennett addressed this problem by urging these salarymen to seize their extra time, and make the most of it to improve themselves. Extra time could be found at the beginning of the day, by waking up early, and on the ride to work, on the way home from work, in the evening hours, and especially during the weekends. During this time, he prescribed improvement measures such as reading great literature, taking an interest in the arts, reflecting on life, and learning self-discipline. Bennett wrote that time is the most precious of commodities. He said that many books have been written on how to live on a certain amount of money each day. And he added that the...

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