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The Rhythm of Life

By Matthew Kelly



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In *The Rhythm of Life* Matthew Kelly exposes the lifestyle challenges and problems that face us in this age obsessed with noise, speed, and perpetual activity. Kelly's message rings out with a truth that is challenging and unmistakably attractive Who you become is infinitely more important than what you do, or what you have. Are you ready to meet the-best-version-of-yourself?

The Rhythm of Life is a brilliant and clear-eyed rejection of the chaotic lifestyle that has captured the world, written with common sense, humor, and extraordinary insight. This book is destined to change lives!



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The Rhythm of Life 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

Hal Urban, author of *Life's Greatest Lessons* In *The Rhythm of Life* Matthew Kelly shows us how to find lasting happiness in a changing world...and how to fall in love again...with life. His message is both timely and timeless.

Ken Blanchard, coauthor of *The One Minute Manager* Matthew Kelly's *The Rhythm of Life* is a treasure for all those who dare to believe that there is a best-version-of-themselves...miss it at your peril!

Dr. Stephen R. Covey, author of *The 7 Habits of Highly Effective People* I loved this book! It provides significant insights into living a happier, healthier, more rewarding life.

Users Review

From reader reviews:

Kevin Ostby:

Have you spare time for just a day? What do you do when you have considerably more or little spare time? Yes, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a walk, shopping, or went to typically the Mall. How about open as well as read a book entitled The Rhythm of Life? Maybe it is to get best activity for you. You understand beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have additional opinion?

Meredith Daugherty:

Nowadays reading books be a little more than want or need but also work as a life style. This reading habit give you lot of advantages. Associate programs you got of course the knowledge even the information inside the book that improve your knowledge and information. The data you get based on what kind of e-book you read, if you want send more knowledge just go with education and learning books but if you want sense happy read one with theme for entertaining for instance comic or novel. Typically the The Rhythm of Life is kind of e-book which is giving the reader erratic experience.

Crystal Parrish:

Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their very own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could possibly be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled The Rhythm of Life can be fine book to read. May be it is usually best activity to you.

Tara Reynolds:

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