



The Good Life Rules: 8 Keys to Being a Better You at Work and Play

Brian Dodge, Matt Rudy

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His message is this: the good life is within our reach-- once we know how to find it. His simple but powerful lessons show us the way to find more satisfaction at work and at home, how to embrace change, create upward growth, and focus on the things that really matter. These are *The Good Life Rules*.

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