



## The Rhythm of Life

By Matthew Kelly

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### **The Rhythm of Life** By Matthew Kelly

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

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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:

**Valerie Garrison:**

Book is to be different per grade. Book for children till adult are different content. As you may know that book is very important usually. The book *The Rhythm of Life* ended up being making you to know about other know-how and of course you can take more information. It is quite advantages for you. The reserve *The Rhythm of Life* is not only giving you far more new information but also for being your friend when you sense bored. You can spend your spend time to read your reserve. Try to make relationship with all the book *The Rhythm of Life*. You never really feel lose out for everything when you read some books.

**Roxanne Mazon:**

Reading a e-book tends to be new life style with this era globalization. With reading through you can get a lot of information that can give you benefit in your life. Along with book everyone in this world can share their idea. Textbooks can also inspire a lot of people. A lot of author can inspire their very own reader with their story or even their experience. Not only the storyplot that share in the ebooks. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors nowadays always try to improve their ability in writing, they also doing some research before they write to their book. One of them is this *The Rhythm of Life*.

**James Martin:**

This *The Rhythm of Life* is great e-book for you because the content that is certainly full of information for you who else always deal with world and also have to make decision every minute. This specific book reveal it info accurately using great coordinate word or we can say no rambling sentences within it. So if you are read the idea hurriedly you can have whole details in it. Doesn't mean it only provides you with straight forward sentences but hard core information with attractive delivering sentences. Having *The Rhythm of Life* in your hand like getting the world in your arm, details in it is not ridiculous one. We can say that no publication that offer you world throughout ten or fifteen second right but this e-book already do that. So , this really is good reading book. Hello Mr. and Mrs. hectic do you still doubt which?

**Lorna Dews:**

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