



# Make The Best Of The Rest Of Your Life: A Handbook for Living

*Geri O'Neill*



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**Make The Best Of The Rest Of Your Life: A Handbook for Living** Geri O'Neill

Revised and updated with the latest information, MAKE THE BEST OF THE REST OF YOUR LIFE is a fun and informative guide to living a healthy, happy life. It offers fast and easy ways to increase happiness, overcome stress, develop physical and emotional health, change a negative attitude, build the brain, improve memory, develop a sense of humor... and much more.



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