



A Joosr Guide to... An Astronaut's Guide to Life on Earth by Chris Hadfield

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What does it take to live a fulfilling life full of both achievement and happiness? Find out how a lifetime of planning for a trip through space helped one man reduce stress, love his job and live a full and happy life.

An Astronaut's Guide to Life by Colonel Chris Hadfield gives readers a fresh perspective on the topic of goal setting and achievement. While some people may think striving for a goal such as becoming an astronaut may be impractical, Hadfield demonstrates that with determination and thorough preparation it is possible to achieve whatever goals you set. The wisdom he's gained during the 47 years he's worked toward his goals will inspire you to stick with yours no matter what comes your way.

You will learn:

- Why success comes from visualizing your goal and preparing for every eventuality
- How to plan for the future while living in the moment.
- Why life is not about reaching your destination, but enjoying the journey.

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