



How to Live on 24 Hours a Day: with The Human Machine (Dover Empower Your Life)

Arnold Bennett

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Leave your everyday concerns behind and start focusing on your true desires!

Achieve your full potential with proven techniques on:

- Time-saving
- Reflection
- Concentration
- Study and more

One of the first self-help books ever published, this classic of personal time management has inspired millions to make the most of "the daily miracle": the fresh allowance of time that comes with each new day. This edition features a bonus offering of Bennett's *The Human Machine*, a guide to improving social relationships.

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