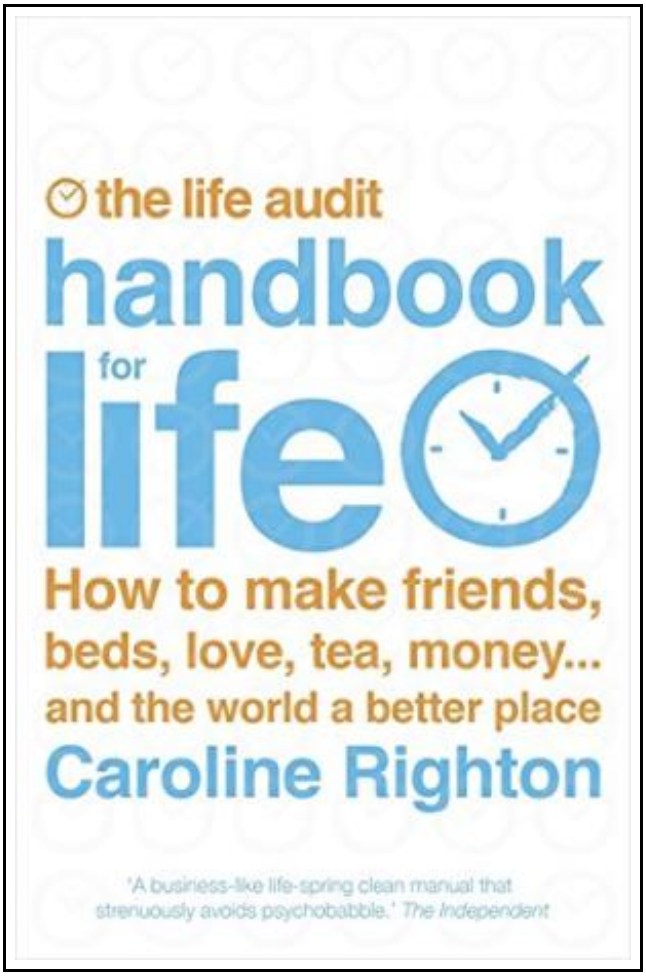
The Life Audit: Handbook for Life



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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Life Audit: Handbook for Life, Caroline Righton, This is the ultimate reference book for living a streamlined life. Following the same categories as THE LIFE AUDIT, it offers specific advice and definitive outlines for how to make every aspect of your life run more smoothly. From health to money, work to relationships, HANDBOOK FOR LIFE will tell you everthing you need to know in order to use your time on the projects and people you love rather than chores and hassles. From the elements of the definitive capsule wardrobe to the core components of a will, from how to measure a room for wallpaper to how to hit the G spot, HANDBOOK FOR LIFE is a survival guide to modern life. It's all set to become everyone's indispensable almanac, an essential 'how to' tool for every area of life.

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