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## A Real Life: Restoring What Matters - Family, Good Friends, and a True Community

By Ferenc Mate

Albatross Publishing. Hardback. Book Condition: new. BRAND NEW, A Real Life: Restoring What Matters - Family, Good Friends, and a True Community, Ferenc Mate, We seem to have forgotten what life is all about. So begins this heartfelt, laugh-out-loud follow-up to M t s cult classic, A Reasonable Life. He warns us that lulled by electronic pacifiers and hypnotized by sublimed greed, we are becoming physically inert, intellectually blinkered, and devoid of deep emotion. Our unquestioned obsession with goods and gadgets has displaced true and lasting joys like our health, creativity, fulfillment, and, most importantly, our time spent with one another. How has our pursuit of the American dream left us? Financially insecure, estranged from our family, helpless without our wireless toys, increasingly isolated, overweight and, pervasively depressed. But don t despair, a renaissance is underway. M t s call for genuine, physical, passionate living challenges you to re-evaluate the meanings of success, security, technological progress, and how you work, eat, play, and love. Simple steps can turn your life around, let you take control, and find satisfaction in a better and much fuller existence. Surprising statistics and engaging anecdotes will rekindle your forgotten pride and joy in independence, neighborliness,...



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