



Get the Most Out of Life

Derrick Sweet

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For the last 20 years, Derrick Sweet researched one simple theme: getting the most out of life. The one constant in the past several thousand years is that people are always searching but rarely finding lasting peace, joy, and abundance. Everyone wants to be happy, kind, helpful, courteous, and loving; however, most people seem to have an ongoing internal struggle between negative thoughts and positive thoughts. The information in this book reveals why people have these internal struggles. The book also teaches how to avoid falling into the common traps and illusions that would otherwise prevent you from living to your fullest potential. The information in this book will change the way you see yourself, your surroundings, and your future; it will give you all the tools you need to get the most out of life!

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