148 Tips for Life

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Summary:

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Living a healthy, productive and balanced life is easier said than done. Although our common sense can normally guide us on what to do when it comes to taking care of ourselves, often we don't pay attention to our inner wisdom, or even worse, does the opposite to what it tells us. For example, we know that eating healthy, doing physical exercises and making sure we get proper rest are essential to our well-being. However, habit, convenience or just sheer lack of discipline often lead us on the wrong path. And we pay attention to where we're heading, only when illnesses and diseases overtake us.

Tips for Life are everyday wisdoms for busy people who can benefit from having daily reminders about how to make their life easier, their bodies fitter, their mind clearer, and their spirit brighter.

First published as Tweets for Life, a series of tweets on Twitter by Senior Anchor and TV host, Desi Anwar, Tips for Life consists of 148 short, easy to remember tips in an attractive book form. This book is a handy companion to put in your bag or next to the bed, and will help you with how to deal with as well as give solutions to your everyday problems.

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