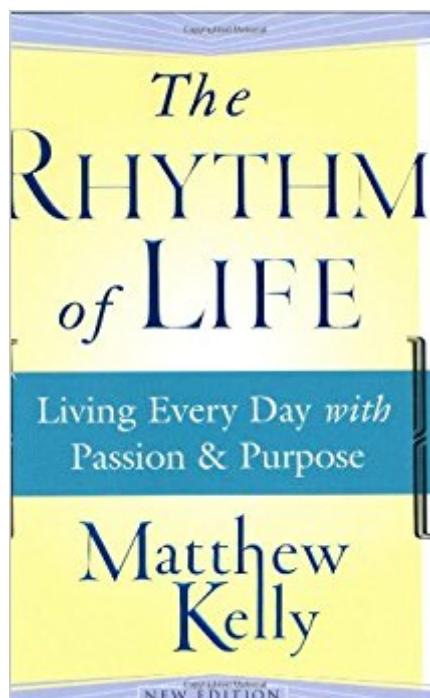


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# The Rhythm Of Life: Living Every Day With Passion And Purpose



## Synopsis

Do you ever feel that if you weren't so busy you would be happier, healthier, more effective, more fulfilled...and maybe even a better person? Once every twenty-five years or so, a book comes along that perfectly identifies our common search and struggle for happiness, and teaches us how to find lasting fulfillment in a changing world. This is that book. Not since M. Scott Peck published "The Road Less Traveled" have we experienced a voice as refreshing and authentic as Matthew Kelly's. "The Rhythm of Life" will help you to bring into focus who you are and why you are here. Through this book Matthew Kelly will help you discover your legitimate needs, deepest desires, and unique talents. He will introduce you to the-best-version-of-yourself and lead you to a life filled with passion and purpose. Here are just a few of the timeless creeds that he presents in "The Rhythm of Life..." "You were born to become the-best-version-of-yourself. This is your essential purpose. Embrace this one solitary truth and it will change your life more than anything you have ever learned. In every situation, ask yourself, Which of the options before me will help me become the-best-version-of-myself?" "Everything is a choice. This is life's greatest truth and its hardest lesson. It is a great truth because it reminds us of our power. Not power over others, but the power to be ourselves and to live the life we have imagined. It is a hard lesson because it causes us to realize that we have chosen the life we are living right now." "The measure of your life will be the measure of your courage. Courage animates us, brings us to life, and makes everything else possible. Fear stops more people from doing something with their lives than lack of ability, contacts, resources, or any other single variable. Fear paralyzes the human spirit. Life takes courage." "Energy is our most valuable resource, not time. The rhythm of life is a way of life that brings our legitimate needs, our deepest desires, and our unique talents into harmony with each other. The result: passion, purpose, and energy." Kelly has a way of thinking and writing that cuts through the stifling clutter of our everyday lives and delivers a clarity that is both refreshing and liberating.

## Book Information

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## Customer Reviews

Matthew Kelly, the charismatic minister, speaker and best-selling author from down under, wants you to live life out loud and on purpose. In this expanded version of *The Rhythm of Life* he synthesizes Christian theology, cognitive psychology and storytelling to unpack the paradox of being happy. As Kelly explains, "We want to be happy. We know what makes us happy. But we don't do those things--because we are busy trying to be happy." So here's the gospel according to Kelly: Find a life-changing rhythm by choosing a central purpose and becoming "the best version of yourself." With examples drawn from his own life and diverse cast of characters including Charlie Chaplin, Jude the apostle, piano man Billy Joel, the Magi, and Willy Wonka's chocolate factory, he maps the way to a meaningful life. Kelly makes thoughtful distinctions. He contrasts the difference between doing and having, the legitimate need for health and happiness with the illegitimate desire for expensive toys and the pursuit of minimalism vs. excellence. Then he gets specific, offering five questions about life's meaning, three instruments for anchoring your life and ten principles of excellence. At times, Kelly seems to be recycling his speeches and sermons or downplaying his religious stripes to seek a wider audience. And he lets cliches share the pages with memorable gems. But Kelly's gift is to convey the much-discussed ideas of personal accountability, mind management, and spirituality with passion and clarity. Barbara Mackoff

Now 30, Kelly began his Catholic inspirational speaking at the age of 19. In this new edition of his self-published book, Australian-born, Cincinnati-based Kelly exhorts readers to rediscover what he calls the rhythm of life: "the perfect combination of rest, activity, and pace" that will enable each of us to become "the-best-version-of-ourselves." Some will be inspired by these sermonlike essays; others will feel Kelly recycles standard self-help messages, such as "everything is a choice" and "enjoy the journey." Much, for Kelly, rests in self-discipline and control. "If you can teach yourself, condition yourself, to desire those things that are good for you, there is nothing you cannot achieve or become." Like so many self-help authors, Kelly also promotes good sleeping, eating and exercise habits, and suggests a daily hour of prayer and using the "seventh day as a day of rest, reflection, and renewal." More idiosyncratically, he predicts that what he sees as our declining civilization will

end in 60 years to be replaced by a vaguely defined superior one. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

I have reread this book several times, I wish everyone would take the time to read it. Matthew Kelly knows how to write a book that can change your life.

I truly love Matthew Kelly books and cds. He is an inspiration. He writes in a way that makes you look closer at your life and relationships. He reaches out and touches you with his words. I have shared my copy and purchased a couple for others as well. Great read for young adults as well as older Christians.

LIVE A LIFE UNCOMMON! To not read this book is to rob yourself of a life lived more meaningfully and more passionately. Matthew Kelly is more than a genius. A man with unmatched intelligence and a heart and spirit to match. At the age of 31, he has the clarity, wisdom, and insight to break through directly to the heart of the matter and enlighten us with the truth. Life is not about doing and having. Life is about being. 'Who you become is infinitely more important than what you do or what you have.' I have read the book four times and appreciate everything in my life more because of it. Every person, every relationship, every day, every breath! When you know what life is all about, you know the right answer to every question asked. When you know what life is about, you know what you should dedicate your time to. When you know what life is about, focusing comes naturally. 'Dedicate yourself to the things that deserve your dedication.' Matthew Kelly explains that the purpose of life is for us to become the-best-version-of-ourselves. The world doesn't need another Mother Theresa, the world doesn't need another Tiger Woods, the world needs you! Each of us can do one thing better than any other person alive at this moment in history. Matthew Kelly encourages us to discover our genius. My review doesn't even scrape the surface of the marvels of this book. READ THIS BOOK! There is not a person on this earth who wouldn't benefit from Matthew's incomparable message.

This book changed my life and the way I look at life. Very special to my heart. Truly set me on my path. THANK YOU MATTHEW KELLY! I buy this book for every graduate I know and every friend I've met struggling to find their way or to really learn themselves.

I've shared this book with my adult children, and share many of the life lessons in it with friends and

colleagues. Each page gives fresh words of wisdom that ring true. It's inspiring without being sermon-izing. I'm sure I will read it again and again.

Awesomeness at its best. Really Good Takeaways. Even if we can practice 50 percent of what Kelly says, you start feeling on top of the world. For someone like me who strongly believes that you are on this planet with a cause and that is you're 'Born to Love'. The golden rule that you should only better yourself on daily basis increases your capacity and reasons to love. Thank You Mr Kelly.

Matthew Kelly continues to deliver. He not only enlightens his readers in this book, but challenges them to look inward. We can all use this rhythm as we continue our dance with God.

This book changed my life. After having some family issues, sought therapy. My therapist recommended this book as changing his life. He was right. It is a really, really good read. It helped me bring everything in life in perspective. Helped me and my family tremendously. I buy it and share it frequently for this reason.

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