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Timeology: Gaining Perspective and Living Your Life to the Fullest

Matt Munson

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That was it! I was afraid of never having lived. I wanted to soak up life. To experience all of it. To squeeze every ounce of emotion, opportunity, impact, meaning, friendship, achievement, and so forth out of the time that I had on this Earth. I was all in. I was excited. I was motivated and ready to go. It was my time. Yet there was simply too much of everything. Too many possibilities of things to do or pursue. Too many opinions on what living life should look like. Too many decisions that seemingly required immediate answers. Too many experts saying that the secret to life is this or that. Simply stated, there was just too much noise. And I was overwhelmed. If you can relate to any of this, you are not alone. Many of us desire a clear direction to pursue in life – a direction that will lead to making fulfilling decisions. Decisions that result in sustained happiness, peace, joy, contentment, meaning, accomplishment, achievement, and so on. Decisions that result in success in life, including the achievement of our hopes and dreams. In short, we desire clarity on how to live life to the fullest. TIMEOLOGY is a framework by which we can link “how we trade our time” with “living our life to the fullest.” Through exploring the co-dependence of living authentically and living significantly, TIMEOLOGY provides the perspective needed to live fully. The results not only come from getting the life we want, but from giving of ourselves to find the life we were always looking for.

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Playing with family within a park, coming to see the ocean world or hanging out with good friends is thing that usually you could have done when you have spare time, and then why you don't try point that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Timeology: Gaining Perspective and Living Your Life to the Fullest, you can enjoy both. It is very good combination right, you still wish to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't have it, oh come on its identified as reading friends.

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