



30 things to do when you turn 30 : thirty achievers on turning thirty /

Sellers, Ronnie (1948-),
editor.

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Personal narratives.

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Récits personnels.

Monografía

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Título: 30 things to do when you turn 30 thirty achievers on turning thirty edited by Ronnie Sellers ; commissioning editor, Chris Taylor

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Variantes del título: Thirty things to do when you turn thirty

Contenido: Give back to the world: Scratch the itch -- Reach outside yourself -- Turn your spirit inside out -- Harness the power of real estate -- Pursue your passion and purpose: Question assumptions -- Live for today -- Feed your passion -- Dream deeply -- Take stock -- Find your passion in life -- Own it -- Get in touch with who you really are: Buck up, look good, and explore your options -- Focus on the positives -- Appreciate each step of the journey -- Be a realistic dreamer -- Go hug somebody -- Leave behind traditional ways of thinking -- Create a screw-up fund -- Nurture your body, mind and spirit: Kick the caffeine habit -- Get fit, get real -- Seed your days with exceptional moments -- Grab hold of opportunity and go outside your comfort zone -- Unplug, and tune in -- Slow down and focus inward -- Stretch your horizons: Enter the dragon -- Be an open book -- Go on an Outward Bound trip -- Get on a jet! -- Conquer a fear -- Climb to the top of Angkor Wat

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