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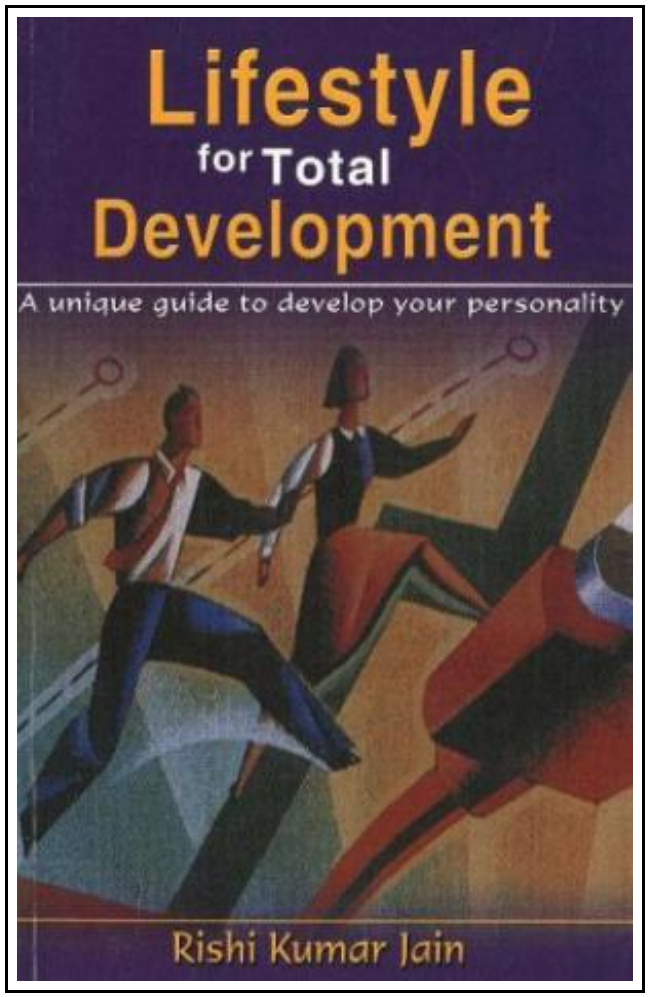

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Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Lifestyle for Total Development: A Unique Guide to Develop Your Personality, Rishi Kumar Jain, For a happy, peaceful and meaningful life it is essential that we find time for our health, family and personality development. We cannot ignore our relationships in society and the spiritual enlightenment. The author has made an attempt to cover all these aspects in this book. It is hoped that this simple book will inspire readers to adopt the right lifestyle for their total development. Thus they will not only add happiness to their own life but will improve their relationships with family, relatives, neighbours, society and in the long run serve the nation better.

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