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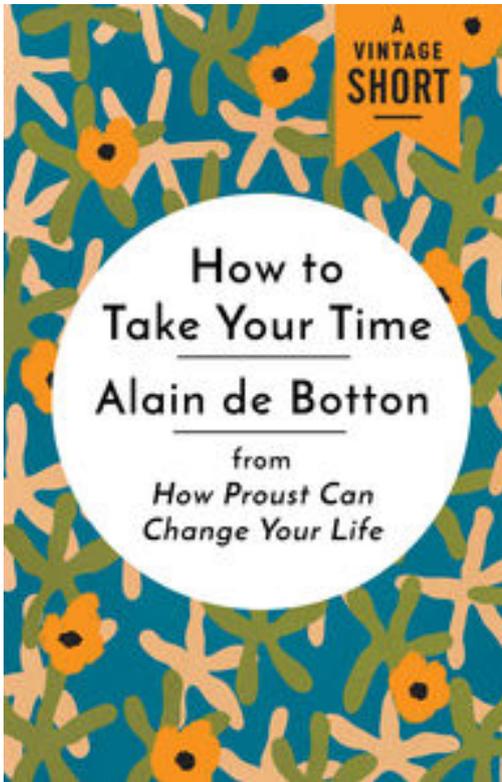
**How to Take Your Time download or read online Alain de Botton PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt**, Curiously practical—this no-nonsense blend of literary biography and self-help unravels how interesting life can be if only you could resist the impulse to rush through the mundane rituals of modern life. Every morning, Marcel Proust sipped his two cups of strong coffee with milk, ate a croissant from one boulangerie, dunking it in his coffee as he slowly read the day's paper with great care—poring over each headline and section.

Only Alain de Botton could have pulled so many useful insights from the oeuvre of one the world's greatest literary masters. Fascinating and vital, *How to Take Your Time* will urge you to find the wisdom in defying "the self-satisfaction felt by 'busy' men—however idiotic their business—at 'not having time' to do what you are doing."

A Vintage Shorts Wellness selection. An ebook short.

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