

Follow Your Heart



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出版者:Seashell

出版时间:1999-02-15

装帧:Paperback

isbn:9780843174915

The concepts in this book ring true with practical, applicable advice, and Matthews's lucid writing and witty stories help bring his message into sharp focus. Follow Your Heart is everything you could ask for in a self-help book. It is about doing what you love, dealing with bills and disasters, discovering your own power, and finding peace of mind. Start down the road to changing your life because as Matthews says: "Our mission in life is not to change the world -- our mission is to change ourselves."

作者介绍:

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标签

成长

哲理

heart》

心灵

一时兴起

《follow

温暖

梦想

评论

对励志书兴趣缺缺，在家太无聊居然五天把它看完了…然后意识到这是第一本完整认真读完滴原版书…无聊滴力量实在太大了…请持续无聊下去吧！直到我把那本大部头的原版经济学也读完吧！～我爱这无所事事的夏天～

教授推荐的reading，好久没看这种简单直接的心灵鸡汤了，居然还很好看

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书评

Our boss printed this book for everyone in our department. He likes reading books which may tell the meaning of life. Every Thursday at 5p.m, we get to gather to read one part of this book and one guy of us will prepare to share his or her feeling through t...

很好读的一本书。即使你的英文水平不高，也应该读得懂。十个章节很多是非常浅显的道理，配上漫画还是很有道理。关键是怎么把它们付诸行动。Andrew Mathews的另外两本书也在国外大卖的，Being Happy和Making Friends。一句话，幸福生活和工作的入门书。

找寻生活与工作的平衡。看吧。里头。有你有我。这本书，说的都是你的心想跟你说的东西。没什么大道理。就是很直接，很有趣的。

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