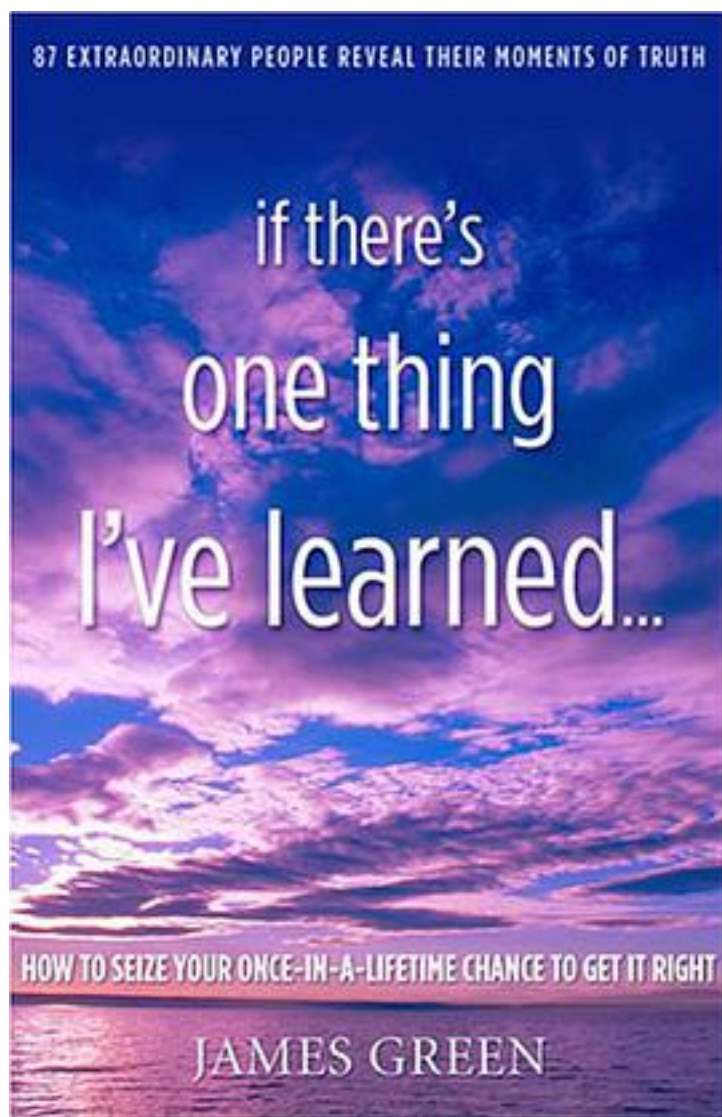


If There's One Thing I've Learned...



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If you could go back and change anything in your life, what would you do differently? This simple question elicited a compelling, life-affirming collection of epiphanies from people recalling pivotal moments in their lives. The secrets to avoiding life's regrets are revealed in their insights about careers, love, money, family, kindness, education, and adventure. Many interviews reveal deep regrets due to mistakes or missed opportunities. Others share the joys associated with good choices and lives well spent. Based on hundreds of interviews with people from all walks of life, this book delivers on the promise of a better future, starting now.

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