

How TO  
LIVE  
365 DAYS  
A YEAR

John A. Schindler, M. D.



How to Live  
365 Days A Year

by

JOHN A. SCHINDLER, M.D.

Author of

*WOMAN'S GUIDE TO BETTER LIVING 52 WEEKS A YEAR*



BETTER YOURSELF BOOKS

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## HOW TO LIVE 365 DAYS A YEAR

This book has one purpose: to teach people how to change their way of living from the way in which they conducted their last 365 days, to a new way by which they can really live during their next 365 days—and all their days thereafter.

### COMMENTS:

*"To the millions of people, who aren't getting any 'kick' out of life, this book may be a blessing"*

—Dr Norman V. Peale

*"An exceedingly important book. Will be welcomed by the many people who feel they are not getting all they should out of life and who want to learn how they can do better."*

—Senator Alexander Wiley

*"Everyone wants to be happy, not occasionally, but 365 days of the year. Dr Schindler in his book holds a strong hand to lead us to that goal."*

—Fr F.B. Thornton, Book Editor, Catholic Digest

Rs. 15.00

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