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# The Underachiever's Manifesto: The Guide to Accomplishing Little and Feeling Great

## THE UNDERACHIEV- ER'S MANIFESTO

The Guide to Accomplishing Little  
and Feeling Great

Ray Bennett, M.D.

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: #299974 dans eBooksPubli le: 2012-02-  
17Sorti le: 2012-02-17Format: Ebook  
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### Description :

Prsentation de l'diteurLower the bar. Turn it down a notch. Get off the Stairmaster. The Underachiever's Manifesto is the playfully persuasive pocket guide to living life to the least and loving it. With sharp humor and genuine wisdom, this welcome little book extols the fabulous benefits of underachievement in our overextended society. A witty introduction makes the case for the right amount of efforta lot less than we've been led to believe. Ten principles of underachievement establish the basics (#8: The tallest blade of grass is the surest to be cut); and practical applications show how mediocrity is the key to happiness at work, in relationships, dieting, exercise, investment, and more. Devilishly enlisting examples from philosophy,

economics, science, and good common sense, *The Underachiever's Manifesto* is a lighthearted, life-changing rallying call for those who dare to do less and enjoy more. Presentation de l'auteur Lower the bar. Turn it down a notch. Get off the Stairmaster. *The Underachiever's Manifesto* is the playfully persuasive pocket guide to living life to the least and loving it. With sharp humor and genuine wisdom, this welcome little book extols the fabulous benefits of underachievement in our overextended society. A witty introduction makes the case for the right amount of effort a lot less than we've been led to believe. Ten principles of underachievement establish the basics (#8: The tallest blade of grass is the surest to be cut); and practical applications show how mediocrity is the key to happiness at work, in relationships, dieting, exercise, investment, and more.

Devilishly enlisting examples from philosophy, economics, science, and good common sense, *The Underachiever's Manifesto* is a lighthearted, life-changing rallying call for those who dare to do less and enjoy more. Biographie de l'auteur Ray Bennett is a medical specialist in the Seattle area who is still guilty of overachievement in treating his patients. This is his first book.