



You Learn by Living: Eleven Keys for a More Fulfilling Life

By Eleanor Roosevelt

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Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step at a time, meeting each new thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down.

Eleanor Roosevelt, one of the world's best loved and most admired public figures, offers a wise and intimate guide on how to overcome fears, embrace challenges as opportunities, and cultivate civic pride: *You Learn by Living*. A crucial precursor to better-living guides like Mark Nepo's *The Book of Awakening* or Robert Persig's *Zen and the Art of Motorcycle Maintenance*, as well as political memoirs such as John F. Kennedy's *Profiles in Courage*, the First Lady's illuminating manual of personal exploration resonates with the timeless power to change lives.

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You Learn by Living: Eleven Keys for a More Fulfilling Life By Eleanor Roosevelt Bibliography

- Sales Rank: #16648 in Books
- Brand: imusti
- Published on: 2011-04-26
- Released on: 2011-04-26
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .50" w x 5.31" l, .39 pounds
- Binding: Paperback
- 224 pages

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Editorial Review

From the Back Cover

One of the most beloved figures of the twentieth century, First Lady Eleanor Roosevelt remains a role model for a life well lived. At the age of seventy-six, Roosevelt penned this simple guide to living a fuller life. Now back in print, *You Learn by Living* is a powerful volume of enduring commonsense ideas and heartfelt values. Offering her own philosophy on living, Eleanor takes readers on a path to compassion, confidence, maturity, civic stewardship, and more. Her keys to a fulfilling life?

Learning to Learn • Fear—the Great Enemy • The Uses of Time • The Difficult Art of Maturity • Readjustment is Endless • Learning to Be Useful • the Right to Be an Individual • How to Get the Best Out of People • Facing Responsibility • How Everyone Can Take Part in Politics • Learning to Be a Public Servant

Informed by her personal experiences as a daughter, wife, parent, and diplomat, this book is a window into Eleanor Roosevelt herself and a trove of timeless wisdom that resonates in any era.

About the Author

Anna Eleanor Roosevelt was born in New York City on October 11, 1884. She married Franklin Delano Roosevelt on March 17, 1905, and was the mother of six children. She became First Lady on March 4, 1933, and went on to serve as Delegate to the United Nations General Assembly and Representative to the Commission on Human Rights under Harry S. Truman, and chairwoman of the Presidential Commission on the Status of Women under John F. Kennedy. She died on November 7, 1962, at the age of seventy-eight.

Users Review

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Sheila Walker:

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Julia Gilmore:

Playing with family in the park, coming to see the ocean world or hanging out with friends is thing that usually you might have done when you have spare time, in that case why you don't try thing that really

opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love You Learn by Living: Eleven Keys for a More Fulfilling Life, you could enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't buy it, oh come on its called reading friends.

Pat Tran:

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Lorene Williamson:

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