



Live Well, Love Much, Laugh Often

Apelles Poh

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Have you ever wished that life could be less complicated and more fulfilling in today's ever-shifting terrain of modern living? In *Live Well, Love Much, Laugh Often*, author Apelles Poh Presents an inspirational, holistic approach to enlighten, empower and enrich those who wish to find greater fulfillment and a better balance in their personal life, relationships and work. With penetrating insights, both personal and culled from great minds past and present, Apelles flavours the book with engaging anecdotes to put forth an appealing and timely message that is badly needed in an increasingly hectic and chaotic world. Divided into four parts and twenty-seven thought-provoking chapters, *Live Well, Love Much, Laugh Often* is a fount of wisdom and practical advice that is both entertaining and easy to grasp. Peppared with illuminating quips, quotes, short stories, and a dash of humour, the book is also a good resource for leaders, educators, managers, presenters and anyone who wants to become a better communicator.

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