



# **Advice for Life: Insights for Living: 250 Reflections On the Essence of Life & the Art of Living**

*Frank DiCocco*

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**AUTHOR'S INTRODUCTION:** I began writing the "Thought of the Week" letters several years ago, in an effort to pass on worthwhile life lessons to others. From humble beginnings, the "Thought of the Week" grew from a small weekly audience into an international phenomenon, reaching thousands of people across the world each week. Over the years, I have written hundreds of reflections. I have poured my heart, mind, and soul into these writings, all with the hopes that they might influence the lives of all those who read them. Now, I have taken the opportunity to compile many of these reflections into this very book, so that thousands of more lives hopefully may benefit from the teachings. It is with this hope that I present this book to you, the inquisitive and interested reader, with the sincerest of desires that you find insight, meaning, and value in the lessons that follow on the ensuing pages. I began writing the weekly letters to provide helpful and inspiring perspectives on life. My goal was to make a difference in people's lives. Hopefully, I have done so. My hope was to impact the lives of countless people. Hopefully, I have made a difference in the lives of many, through my words and through my work. And hopefully, I will make a difference in your life, as well.

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