



Do It Anyway: The Handbook for Finding Personal Meaning and Deep Happiness in a Crazy World

Kent M. Keith

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Best-selling author Kent Keith self-published his *Paradoxical Commandments* in the 1960s as an undergrad at Harvard, and promptly forgot them. But these maxims emphasizing selflessness and compassion took on a life of their own, finding their way into countless speeches, advice columns, institutions, and homes. Thirty years later, they were reclaimed by Kent and formally published as *Anyway: The Paradoxical Commandments*, an inspirational guide-for-living. Now Kent shares new stories of following these simple, sensible truths. This companion guide includes specific tools, exercises, and suggestions that the reader can use for personal introspection or group discussion.

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