



# Live and Learn or Die Stupid!: The Struggle for Happiness

*Dave Mitchell*

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## Live and Learn or Die Stupid!: The Struggle for Happiness Dave Mitchell

It's Finally Available! Dave Mitchell has spoken to over 120,000 people since he founded this corporate training firm, the Leadership Difference, in 1995. Over that time his seminar - Live and Learn or Die Stupid! - has been among his most popular programs. During his presentation, Dave would share stories of his own struggle to achieve a healthy balance between professional and personal excellence. Is it possible to realize your full potential at work and still be an exemplary spouse, parent and friend? Is it possible to achieve true contentedness? Over time, Dave assembled several critical personal characteristics that seemed essential to this pursuit of contentedness. Culled from his work with other professionals, his conversations with colleagues and from personal introspection; these attributes formed what Dave called, "a checklist for maximizing happiness." Thousands of exuberant comments from attendees at his seminars - words like "life changing", "the most important seminar I have ever experienced," and simply, "Incredible," indicated that Dave had touched a nerve. There was just one problem. After every seminar, Dave would be asked if he had a book. His answer was always a sheepish, "No." Until now. Finally, with the release of the book Live and Learn...or Die Stupid!, you can experience the content of Dave Mitchell's popular "enter-train-ment" seminar. We hope you enjoy it and please feel free to contact us at [www.theleadershipdifference.com](http://www.theleadershipdifference.com).

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