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space exploration to show how to make the impossible possible.An Astronaut's Guide to Life on Earth : What Going to ...An Astronaut's Guide to Life on Earth isn't a compendium of hagiographic profiles; it's a very human glimpse into a rarefied world. Bound together by a love of exploration and discovery, tested by tragic catastrophes and everyday hardship, the men and women Mr. Hadfield introduces us to are real people: They fail, they succeed, they worry, they miss their families, they go to space and do things never done before.

An Astronaut's Guide to Life on Earth Book Summary : Back on the earth after three spaceflights, Chris Hadfield's captivating memoir An Astronaut's Guide to Life on Earth reveals extraordinary stories from his life as an astronaut, and shows how to make the impossible a reality. Colonel Chris Hadfield has spent decades training as an astronaut and has logged nearly 4,000 hours in space.

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Key Lessons from "An Astronaut's Guide to Life on Earth" 1. Preparation Is Everything:

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In An Astronaut's Guide to Life on Earth, Chris gives us a rare insider's perspective

on just what that kind of thinking involves, and how earthbound humans can use it to achieve success and happiness in their lives. Astronaut training turns popular wisdom about how to be successful on its head.

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A collection of Chris Hadfield's videos from space, courtesy of the CSA and NASA. Some of the techniques listed in An Astronauts Guide to Life on Earth may require a sound knowledge of Hypnosis, users are advised to either leave those sections or must have a basic understanding of the subject before practicing them.

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