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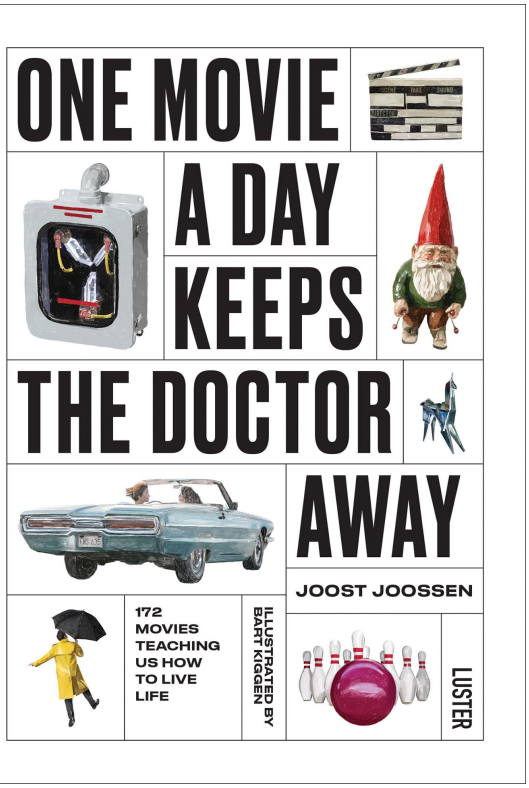

One Movie a Day Keeps the Doctor Away

152 Movies Teaching Us How To Live Life

Joost Joossen

ISBN	9789460584008
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Binding	Paperback / softback
Territory	USA & Canada
Size	5.12 in x 7.09 in
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- **A Curated Roadmap for Every Mood** with 152 hand-picked films and thematic top-10 lists, this book provides the perfect cinematic guide for any life situation, whether you're looking to start over or need your faith in humanity restored
- **Deep Philosophical Insights** beyond just reviews, the 52 dedicated spreads offer profound reflections on what cinema can teach us about the art of living, transforming your favourite movies into a compass for personal growth
- **From Passive Viewing to Active Growth** the book bridges the gap between the screen and reality. With 52 actionable assignments, it challenges you to take the lessons learned from the characters and apply them directly to your own life

This unique, curated book invites you to approach the silver screen in a whole new way: not just as entertainment, but as an inexhaustible source of life inspiration.

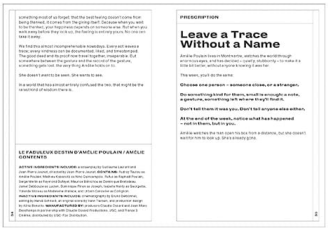
Featuring a careful selection of 152 inspiring films, this book serves as your personal guide to personal growth. For those moments when you need an immediate spark, the top-10 lists provide the perfect starting point. Whether you're looking for stories about a powerful new beginning or movies that instantly restore your faith in humanity, you'll always find the right film to match your mood.

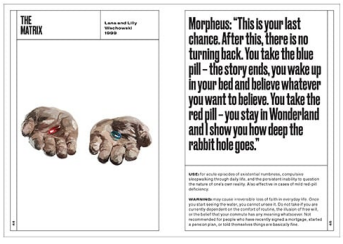
We dive even deeper with 52 featured films, each receiving its own dedicated spread. Alongside an iconic film still, you'll find a short, sharp reflection on the profound lessons these specific movies can teach us about life.

But it doesn't stop at reading. To ensure the inspiration from the screen truly lands, each of these 52 films concludes with a small assignment for the reader. This allows you to translate the wisdom of directors and characters directly into your own daily reality.

Joost Joossen is a freelance photographer who loves to read and write. For over 20 years he has been shooting for magazines, newspapers, television, NGOs, governments and advertising agencies. Joost also teaches and gives inspiring workshops on looking, seeing and being.







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