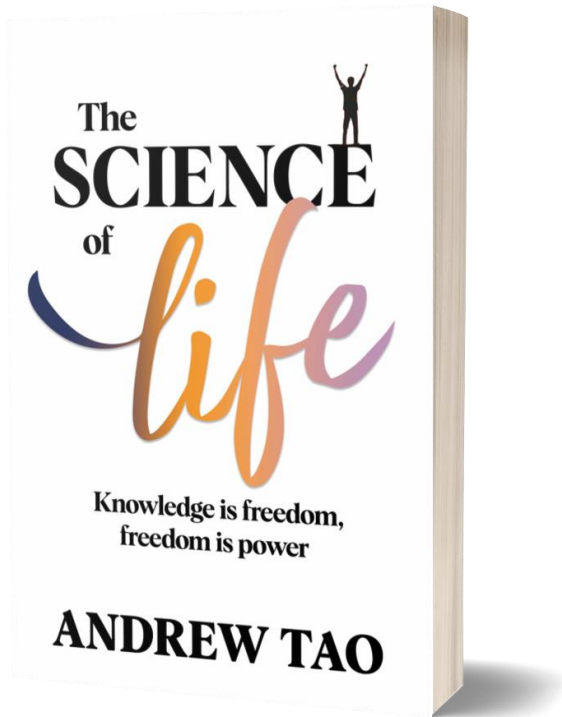


# The Science of Life

Written by Andrew Tao



ISBN	9781922993830
Publication Date	25 AUG 2023
Genre	Self-Help
Format	Paperback
Audience	General
Author Location	Canberra, ACT

**Price available on our website**

## WHAT WAS THE MOMENT THAT CHANGED THE WAY YOU VIEWED EVERYTHING?

*The Science of Life* will challenge your understanding of the world and your part in it.

Facets of your life will be broken down into their core. Within these pages, uncover the secrets behind courage, compassion, curiosity, evil and more.

If there is one important lesson this book will teach you, it is that you at times may be your own worst enemy.

But you are also the solution.

You have the potential to take control.

There is more to life than existence and repetition.

And there is a lot more to you, than just you.

If you seek to unravel the mysteries of this universe, you don't have to look at the stars for answers.

It starts with looking within.

## ABOUT THE AUTHOR



One question has always been on the mind of Andy Tao – What does it mean to become one's best self? Is it attaining a successful career, earning lots of money, or perhaps something deeper? Andy does not have twenty plus years of experience in a given field but is instead like most people in their early twenties, learning and figuring things out.

What makes Andy stand out is an unwavering curiosity backed by his highly unique way of thinking and interpreting the world to uncover the truths of life. While scientists look at the physical world around us, Andy is trying to understand the world unseen.

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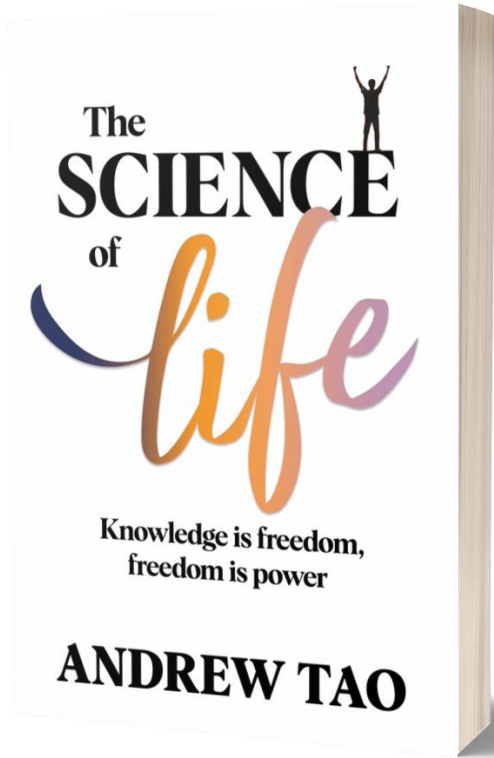
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## WHAT DREW YOU TO WRITING *THE SCIENCE OF LIFE*?

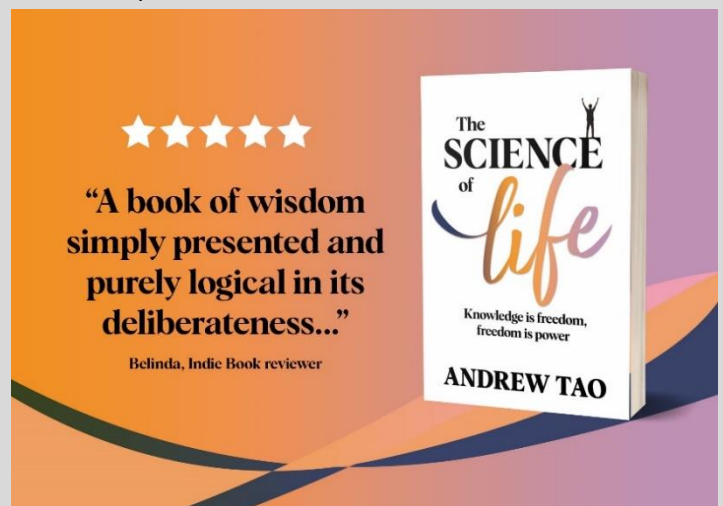
One day in middle school I had a revelation that would forever alter my way of life. I decided that my daily goal for each day would be to learn something new and become a better person. But I had no idea where to start. In fact, I didn't even know what defined a 'better person'. So rather than planning to start, I decided to just start and plan as I go.

Every morning for the next several years I would ask one question. How can I become smarter, stronger, and kinder? When I opened my mind to opportunities to grow, I got better and better at identifying them. Before I knew it, my growth had made me much more intelligent, resilient, and empathetic.

I started attracting mentors and other people into my life, I developed leadership skills and led multiple government and private sector teams while still at university, I became a successful national manager for a F500 after finishing school, and now I am about to publish my first book which received multiple international offers.

My story is that of a war within. Battles fought over and over again for me to develop the characteristics required to live a successful and fulfilling life. And now, I want to share everything I learnt. I believe as human beings, we build on each other's successes. Just as I have been supported by others in my journey, I want to do what I can to do the same.

That is why I decided to write *The Science of Life*. This is a book that represents my adventure on the road of personal development. It is consolidated of my successes, failures, and all in between.



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