

“You can have almost any life you want to have.  
Remember that you must always live with the choices  
you make, but the choices you make  
will always be the choices you wanted.”

—from *One Million Miles in a Day*  
by [John Lewis](http://www.johnlewis.com)

# Ten Thousand Whispers

*A Guide to Conscious Choices*

**Lynne Trussell Dahl**

Author of the best-selling *Choices* and  
“Smart, fun, inspiring, and easy.”  
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