



## How to be a Better Person

By Seb Hunter

Atlantic Books. Paperback. Book Condition: new. BRAND NEW, How to be a Better Person, Seb Hunter, Why is it so difficult to find the time to help others? When Seb Hunter became aware of a nagging ache in the place where his soul ought to be, he embarked on a two year odyssey of volunteering - with hilarious results. He collects litter, teaches pensioners how to use the internet, works at Oxfam (where he meets Gladys, his septuagenarian nemesis), mans a steam train line, becomes a star DJ on hospital radio, visits prisoners, and runs a very long way for charity. But will his quest for self-improvement be successful? "How to Be a Better Person" is the tale of a cynic's attempt to become a better person by helping others. For nothing. It's a volunteering call-to-arms! Oh no it's not! Well it is, sort of.



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