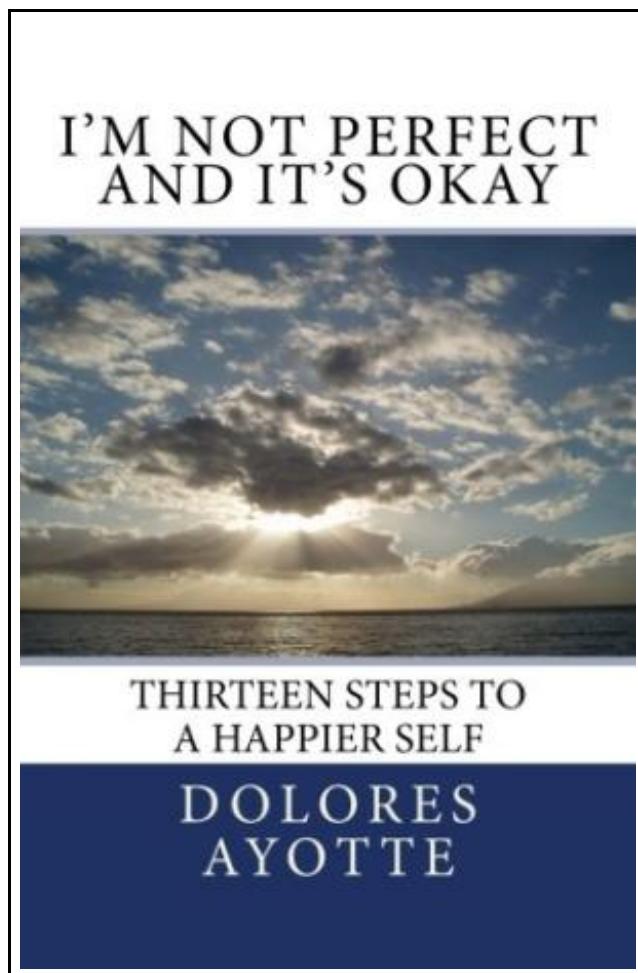


I m Not Perfect and It s Okay: Thirteen Steps to a Happier Self



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Reviews

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Dolores Ayotte, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Steps to a Happier Self My recipe for life consists of a little bit of this and a little bit of that borne from my life experiences. Usually, when I use all of the ingredients and steps I end up with a pretty good product. Sometimes I can still fail. It is this failure to succeed all of the time that helps remind me of my humanity and the fact that I am not perfect. From new author Dolores Ayotte comes a bakers dozen of insightful tips to getting through life. In I m Not Perfect and It s Okay. .Ayotte presents readers with a means to a better life. Ayotte s conversational style makes her feel like an old friend giving advice. With exceptional ease, readers are taken through a recipe for healing, beginning with love for themselves. Readers are reminded to keep lifes recipe simple, being sure to add a cup of laughter, two cups of forgiveness, and a dash of silence resulting in several good measures sure to make life easier. Each step is personal and easy to incorporate into daily living, made memorable through real-life stories and quotes the author has found helpful on her own journey to happiness. This inspiring collection is truly beneficial to readers young and old as they realize that I m Not Perfect and It s Okay.

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