



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

Dolores Ayotte

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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 life's 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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Robert Farley:

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Martha Doughty:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family members or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that's look different you can read any book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day long to reading a e-book. The book I'm Not Perfect and It's Okay: Thirteen Steps to a Happier Self it is rather good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. When you did not have enough space to develop this book you can buy typically the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too costly but this book possesses high quality.

Teresa Obannon:

People live in this new day time of lifestyle always try to and must have the extra time or they will get lots of stress from both lifestyle and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not only a robot. Then we consult again, what kind of activity do you possess when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you try this one, reading ebooks. It can be your alternative with spending your spare time, often the book you have read is usually I'm Not Perfect and It's Okay: Thirteen Steps to a Happier Self.

Tanya Wilson:

Playing with family in a very park, coming to see the coastal world or hanging out with good friends is thing that usually you will have done when you have spare time, and then why you don't try issue that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love I'm Not Perfect and It's Okay: Thirteen Steps to a Happier Self, you may enjoy both. It is very good combination right, you still desire to miss it? What kind of hang type is it? Oh occur its mind hangout folks. What? Still don't get it, oh come on its known as reading friends.

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