



The Better Life: Small Things You Can Do Right Where You Are

Claire Diaz-Ortiz

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Little Ways to Be You at Your Best, Right Where You Are

From the can-do entrepreneur Claire Diaz-Ortiz comes *The Better Life*, a motivational memoir about how little changes make all the difference.

In winsome style, Claire coaches readers with vignettes from her uncommon life. A top-level Twitter employee, world traveler, author, non-profit founder, and mom, Claire tries to make the most of every moment. In *The Better Life*, she shares action steps and reflections on balance, productivity, self-care, and other essentials for rocking it at life every day.

Take some advice from Claire: Say yes. Say no. Quit something. Take your mornings seriously. Make your weekends count. Write more. Worry less. Travel. Pray. Pause. Rest. Know your limits. Do Hatchi Patchi. Don't beat yourself up. Be still. Be thankful. Be you, but your best.

Read this book, and start living the better life you've been meaning to.

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Lidia Mejia:

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Sandra Mendoza:

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