



Why Your Life Sucks

Alan Cohen

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The in-your-face, no-hype guide to getting happy...

Your life sucks if...

- You routinely make someone or something more important than you
- The life you are living on the outside doesn't match who you are on the inside
- You say yes when you mean no
- You try to fix other people
- You've forgotten to enjoy the ride

When your life sucks, it's a wake-up call. Now self-help guru and bestselling author Alan Cohen invites you to answer that call, change your course, and enjoy the life you were meant to live. In ten compelling chapters, Cohen shows you how to stop wasting your energy on people and things that deaden you—and use it for things you love.

With great humor, great examples, and exhilarating directness, **Why Your Life Sucks** doesn't just spell out the ways in which you undermine your power, purpose, and creativity—it shows you how to reverse the damage. Here is an encouraging but loud-and-clear reminder that in every moment we generate our own experience by the choices we make, and that today is the best day to begin your new life.

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Brian Grant:

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A lot of people always spent their own free time to vacation or maybe go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you need to try to find a new activity this is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a reserve. The book Why Your Life Sucks it is rather good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. Should you did not have enough space to bring this book you can buy the particular e-book. You can m0ore quickly to read this book from your smart phone. The price is not to fund but this book features high quality.

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