



Let Love in 101: A Practical Guide to Love Happiness (Paperback)

By Jody Agard

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Nineteen years after her dad s suicide, Jody found herself desperately searching for ways to improve her life. At the time, she was a single mom, unhappy in her relationships, financially unstable and working in a career that no longer made her happy. This left her feeling exhausted, unfulfilled and overwhelmed. In her work, best-selling author and inspirational speaker, Jody Agard shows you how to find happiness within yourself and restore balance in all areas of your life. Jody discusses a wide array of topics, including forgiveness; forgiving others and the forgiveness of self; relationship problems; the importance of loving ourselves; just the way we are; establishing healthy relationships; and creating positive relationships; defining what happiness is; and facing life challenges in a peaceful and graceful way. Jody candidly shares her journey, allowing the reader an inside look at the steps she took to transform her life as she began to pick up the pieces of her life. She discovered, there was n one special-magic button, but instead, a series of principles and practical tools she began implementing into...

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Reviews

A top quality publication as well as the typeface used was intriguing to learn. Yes, it is play, still an amazing and interesting literature. I discovered this publication from my i and dad suggested this book to learn.

-- Prof. Louvenia Flatley

Extensive manual! Its this type of great read through. This can be for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Dr. Furman Becker V