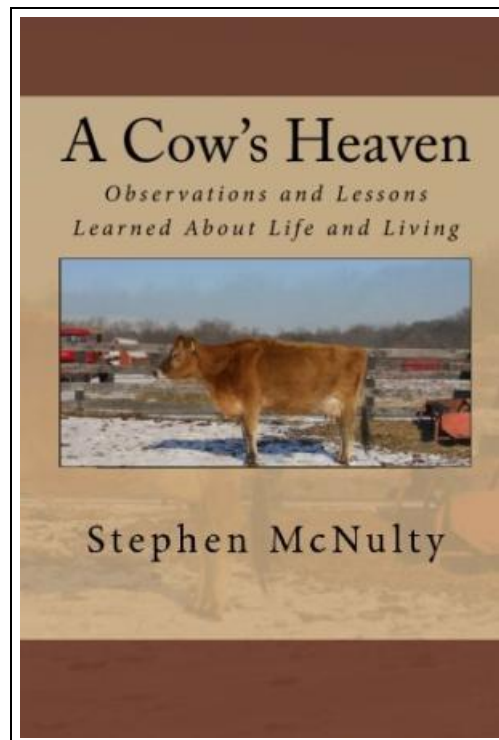


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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In his book, A Cow s Heaven, Steve McNulty presents ideas and thoughts about life, and presents them in a fun, easy to read manner. The book contains thoughts and suggestions about living life, and being happy doing it. Cow s Heaven Theorems, Rules, and Dictates are offered that can serve as stepping off points for discussion. And Steve reminds the reader that we re animals, just like the cow. And with that recognition, for some, things don t seem quite so complicated or quite so serious. Provocative ideas are found in the book, including the key Cow s Heaven Dictate to treat yourself as you would a member of your own family. In other words, don t beat yourself up when you do something stupid. Just like you wouldn t ridicule a family member or a friend when they do something wrong. You would offer encouragement, just like you should do for yourself. There are other features in the book such as Cow s Rule #42 which is to make charitable contributions first to your family and friends, rather than to some large charitable organization. Since everyone knows someone who needs help, financially or otherwise. And of course the exclusive Cow s Heaven Diet is spelled out in the book - featuring the requisite dairy products, and a good mix of fruits, vegetables, and fish. And plenty of exercise. We all know what makes up a good diet, but good discipline is the primary ingredient in our recipes that enables the diet planning to become a reality. With key decision points needing to be made prior to the hand (containing food or drink) approaching the mouth! Think about...



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