

## Whoops, There It Goes Again!: How to Stay Positive When the Bottom Keeps Dropping Out of Your World. (Paperback)



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### **Reviews**

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## WHOOPS, THERE IT GOES AGAIN!: HOW TO STAY POSITIVE WHEN THE BOTTOM KEEPS DROPPING OUT OF YOUR WORLD. (PAPERBACK)

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Jo Richings, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Let s jump in with a couple of questions. Have you ever felt like the bottom has dropped out of your world? Do you feel like life keeps on throwing you curveballs? Curveballs like awful illnesses, life-threatening diseases, heart-breaking losses, messy breakups or soul-destroying divorces? Or perhaps it s wayward kids, mounting debts, bankruptcy or losing your job? If you answered yes to any of the above, then this is definitely the right book for you. Whoops, there it goes again! is split into two parts. The first part is my story so far. It s a story of bullying, domestic violence, failed marriages, debt, obesity, cheating husbands, breast cancer and losing my lovely mum. These are just some the things that have caused the bottom to drop out of my world. I ve learned that when life throws you a curve-ball, rather than sitting around and throwing a pity party, you just have to knock the damn thing the hell out of the park! I write from the heart - no holds barred. My story is intended to make you laugh, inspire you to look at your own lives and to remind yourself that hard times don t mean the game is over. Part two includes all the tools and techniques that I have used to completely change my life. These are the exact same tips, tools, tricks and techniques that I have used to: Deal with years of childhood trauma, bullying and low self-esteem. Stay positive and motivated despite numerous curveballs. Transform from an unhappy, stressed, obese workaholic who never exercised, to a happy, relaxed, fit, and one-hundred-pounds-lighter, lover of life. Become a successful social entrepreneur; creating tools, programmes, and apps that make a...



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