



## Life is Uncertain...Eat Dessert First!

*Sol Gordon*

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# Life is Uncertain...Eat Dessert First!

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ARE YOU WAITING TO FIND HAPPINESS? ARE YOU CONVINCED IT WILL COME YOUR WAY AS SOON AS... YOU'RE MARRIED... YOU HAVE THE PERFECT JOB... YOU'VE LOST 20 POUNDS... THE KIDS MOVE OUT OF THE HOUSE? STOP PUTTING PLEASURE ON HOLD! THIS WARM, WITTY BOOK OFFERS ADVICE AND INSPIRATION ON HOW TO INCREASE YOUR JOY CAPACITY NOW. WHY ARE SOME PEOPLE UNHAPPY, RESENTFUL, STUCK IN A RUT WHILE OTHERS REVEL IN LIFE AND ITS RICHES DESPITE THE HURDLES THEY MUST OVERCOME? *LIFE IS UNCERTAIN... EAT DESSERT FIRST!* SHOWS YOU HOW TO RECOGNIZE WHAT'S KEEPING YOU FROM FINDING THE JOY YOU DESERVE. WITH REVEALING ANECDOTES, CASE STUDIES, AND GUIDELINES FOR CASTING OFF NEGATIVE BEHAVIOR PATTERNS, THIS BOOK WILL TELL YOU HOW TO:

*Embrace* life with exuberance despite your troubles.

*Accept* responsibility for your happiness and avoid procrastination, blame, and fear.

*Replace* self-defeating attitudes and behaviors by following a program of positive thinking.

*Overcome* social and change anxiety by using visualization techniques and unconditional giving.

Happiness is out there waiting for you -- it's just a matter of knowing where to look. *Life Is Uncertain... Eat Dessert First!* shows you how to find it.

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Now a day individuals who Living in the era exactly where everything reachable by interact with the internet and the resources in it can be true or not need people to be aware of each data they get. How a lot more to be smart in obtaining any information nowadays? Of course the solution is reading a book. Examining a book can help persons out of this uncertainty Information especially this Life is Uncertain...Eat Dessert First! book as this book offers you rich information and knowledge. Of course the data in this book hundred pct guarantees there is no doubt in it you probably know this.

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