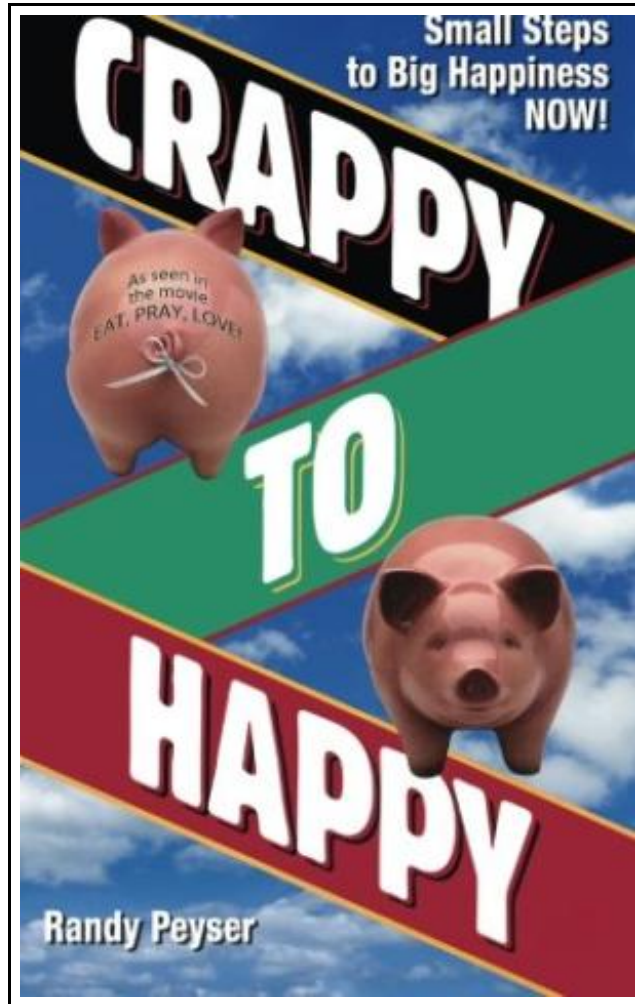


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(Dr. Raven Ledner)*

CRAPPY TO HAPPY: SMALL STEPS TO BIG HAPPINESS NOW



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Author One Stop. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.0in. x 5.0in. x 0.7in. Have you gone splat on the pavement of life Crappy to Happy will show you how to transform from victim to victor when your relationship has tanked, your income is flowing slower than an intravenous drip, or you've hit a flat tire on the road to your success. Happiness is possible! Crappy to Happy offers powerful, humorous, and inspiring stories of magical transformation, plus 152 steps to lead you to greater happiness NOW! Crappy to Happy is a testament to outer circumstances having little to do with finding true happiness. Randy Peysers car may have more holes than a golf course, but that doesn't interfere with her ability to be happy. She recognizes that real happiness comes about when we learn how to be true to ourselves, manage life's challenges in new ways, and heal our messed up relationships. When crisis calls, don't accept the charges! Find out why Murphy is in cahoots with God and why sorrow digs the well and joy fills it. Crappy to Happy is filled with wit, astute truths, and new perspectives to help readers make happier and more empowered choices. Crappy to Happy will have you chuckling till the sacred cows come home. Steve Bhaerman, a. k. a. Swami Beyondananda, author of Duck Soup for the Soul Randy Peysers book is a delightful read. Crappy to Happy is uplifting. It's filled with honesty, vulnerability, and humor. Gerald G. Jampolsky, M. D. , author of Forgiveness: The Greatest Healer of All A light-hearted, spiritual approach to navigating the rough patches with grace and humor. Arielle Ford, author of the Hot Chocolate for the Mystical Soul series A remarkably useful book for all of us charming, insightful, and most inspiring in...



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