



Go Ahead & Like It

Jacqueline Suskin

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An artistic, smart self-help book that prompts and inspires readers to write lists of things they like--a simple yet profound way to collect and remember the good in daily life.

This scrapbook-style art book is an invitation to write lists of things you like: small things that bring delight, intriguing things that excite, and meaningful things that make every day special. It's a how-to guide, writing prompt, model for self-discovery, and beautiful inspiration for daily gratitude, with poet Jacqueline Suskin's personal lists intertwined with photographs, illustrations, and instruction. It's a self-help book for people who might not be drawn to standard self-help, and it's creative thinking for people who might not identify themselves as creative thinkers (What does it mean to "like" something in today's digital age, anyways?). Above all, it presents a simple, dependable method to notice the good that's all around us--even in a traffic jam or waiting in line--so we can inhabit our world more fully and smile more in the process.

From the Hardcover edition.

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Johnnie Gonzales:

Spent a free time and energy to be fun activity to perform! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your free time/ holiday? Might be reading a book may be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the reserve untitled Go Ahead & Like It can be fine book to read. May be it could be best activity to you.

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