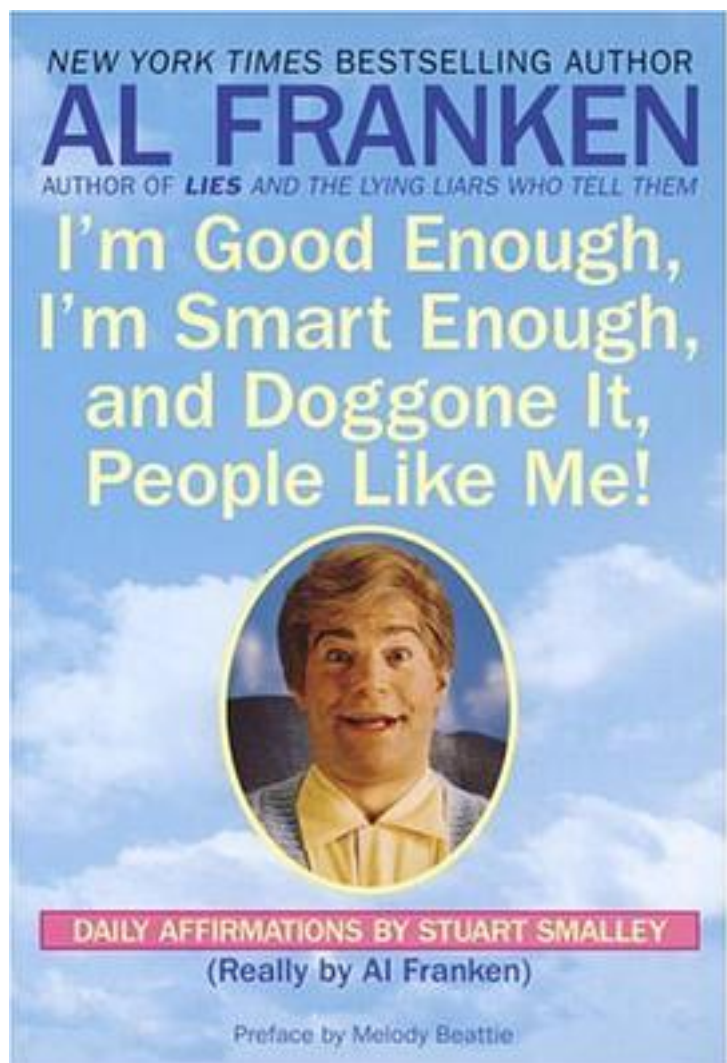


I'm Good Enough, I'm Smart Enough, and Doggone It, People Like Me!



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The ultimate meditation book, not to be grandiose... Take a hilarious, healing journey with Stuart Smalley as he careens down the road to Recovery. For one entire year Stuart recorded an affirmation a day...except when he had taken to his bed (but that's Okay)...and the result is the most entertaining and indispensable meditation book ever. From program wisdom (Denial Ain't Just a River in Egypt! December 1) to survival tips (When I Go Home to Visit My Family I Will Stay in a Motel! September 26) to some good sound practical advice (I am entitled to file for an Extension on my Income Taxes! April 15th), Stuart's affirmations will empower you! Work, Friendship, Love, Spirituality, Codependency, Self-Esteem, Acceptance...Stuart deals with it all. And as you share his ups and downs, his triumphs and shame spirals, you will come to see the ultimate truth of Stuart's March 21st affirmation: Today I Will Laugh--At Least Once!

作者介绍:

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