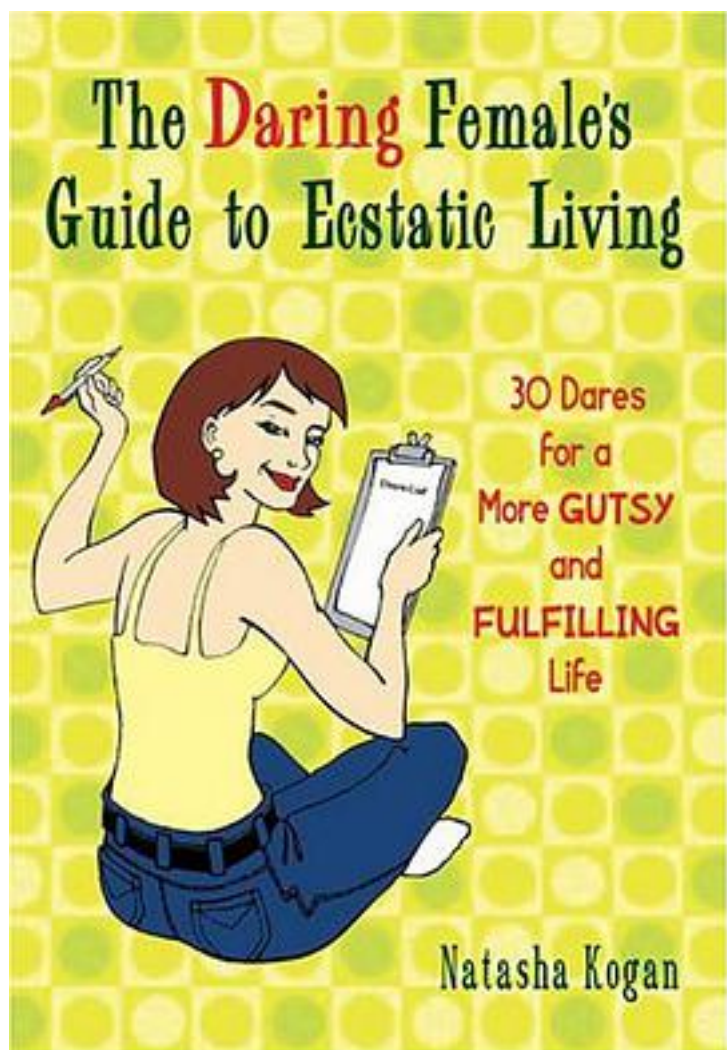


# Daring Female's Guide to Ecstatic Living, The



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An inspirational guide for women that dares them to live life to the fullest Natasha Kogan dares any woman to use this book as a springboard to launch herself into a life that is more rewarding, exciting, interesting, and fun. On every page of her lively guide you will find a shot of energy and inspiration encouraging you to escape your hectic schedules, endless errands, and growing to-do lists, and find the time to do the things that make life more fulfilling. In 30 short chapters containing practical and refreshing dares, checklists, and inspirational sidebars, The Daring Female's Guide to Ecstatic Living will turn any woman into a daring female. -Dare to take life's detours.

-Dare to look forward more than you look back.

-Dare to have a life wish list and to check off one wish every year.

-Dare to find what makes you ecstatic and do it for at least ten minutes a day. So go ahead, open this book to any page, and start living your life with gusto, guts, and satisfaction.

作者介绍:

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