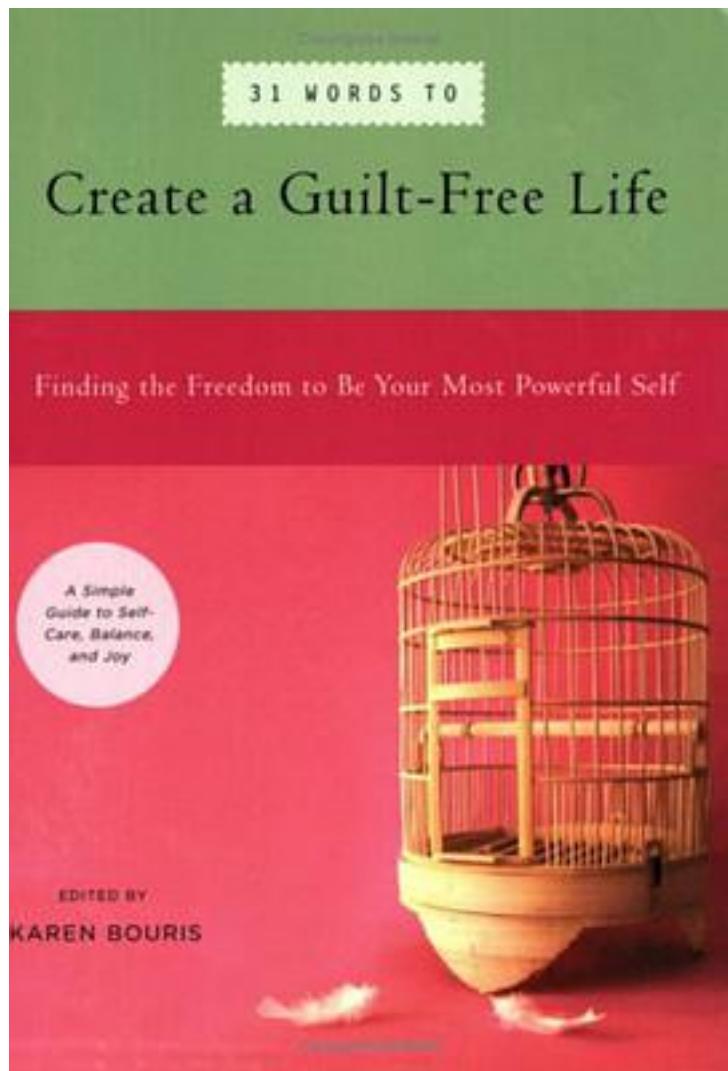


# 31 Words to Create a Guilt-Free Life



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出版者: Transition Vendor

出版时间: 2006-6

装帧: Pap

isbn: 9781930722590

Feeling guilty is an emotion that never goes out of vogue, whether induced by eating a carton of ice cream or plopping the kids in front of the television. With essays and meditations illuminating words such as Self-Care, Unwind, and Mastery, this heartfelt and wise guide helps readers to shine their brightest light — with no apologies. While juggling work, home, and "me-time," this everyday companion offers expert tips and entertaining, inspiring anecdotes to demonstrate how to eliminate the inner critic and live to your fabulous potential for a guilt-free life.

作者介绍:

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