

# No Regrets



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Do you feel stuck in a rut? Is life passing you by? Are you coming to a milestone in life and wondering if you missed out on great adventures along the way? Don't panic! It's not too late to wear that itchy bitsy bikini or go gallivanting off to Bora Bora or spend more time with dear old Dad. No Regrets offers you 101 ways to ensure you'll look back on life with a great big smile. No matter what your age or stage in life, this book will help you live life at full tilt, without regrets and without apologies. For every woman who wants to live life to the fullest and wake up each morning with No Regrets- a delightful must-have antidote for all of the woulda/coulda/shouldas in your life.

Faced with new chapters in your life-even wonderful ones like getting married or having a baby—you might find yourself questioning the things you haven't gotten around to doing, rather than the things you have. When you stayed in and missed the party of a lifetime, were you boring? Should you have told the handsome man on the train you fancied him, spent more time with your inspirational great aunt before she died, and fought against the in-crowd to stand up for what you believed in? In a word, YES!

No Regrets gives you 101 ways to ensure that your life is rich with extraordinary experiences. With suggestions to satisfy every part of your personality, from your fashion maven to your intellectual side to your inner outdoorswoman, you'll be inspired to live life as it should be lived—in pursuit of fun and adventure. Sarah Ivens invites you to learn to:

Ride a Mechanical Bull

Ditch Toxic Friends

Buy Yourself a Princess Dress

Retrace a Famous Roadtrip

Stay Up All Night in Vegas

Master a Foreign Language

And much more.

With real-life anecdotes from Sarah and other women, as well as simple, cost-friendly alternatives for each idea, No Regrets is the perfect guide to seizing opportunities, taking chances, and going after all life has to offer.

作者介绍:

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