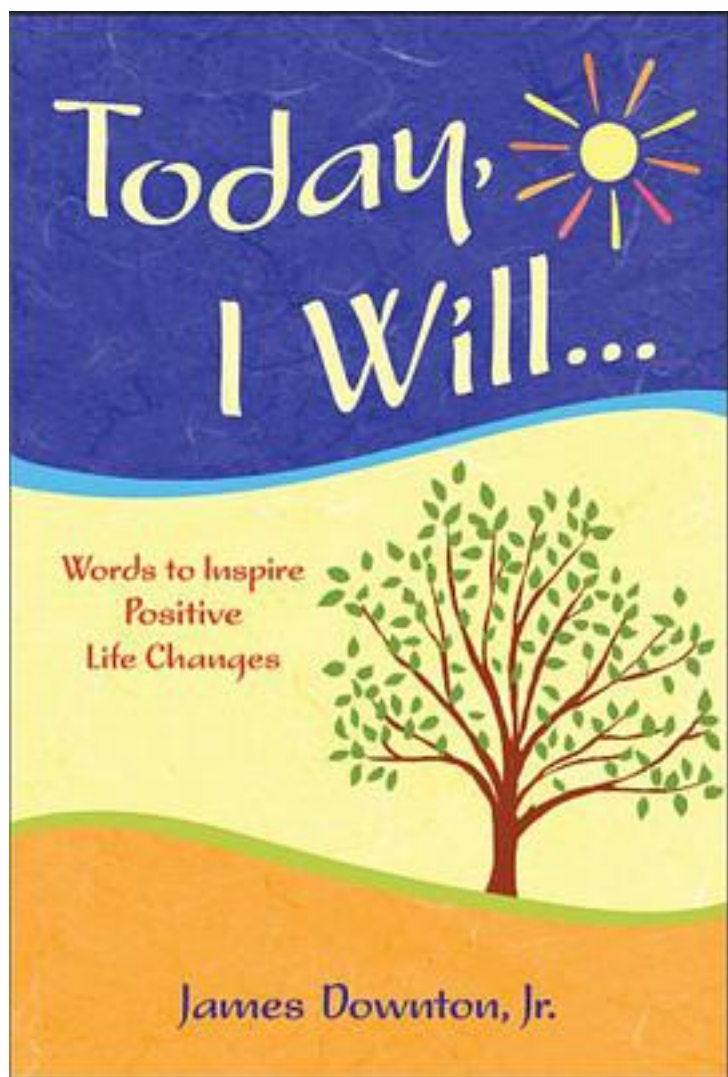


# Today, I Will...



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著者:Downton, James, Jr.

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This book helps readers focus on what is positive and good in their lives through the use of powerful *ai willa* statements. The author presents a variety of ideas to help foster personal growth such as appreciating simple pleasures, nurturing relationships, and the importance of humor, creativity, and kindness to pave the way for a happier, healthier, and more fulfilled life.

作者介绍:

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