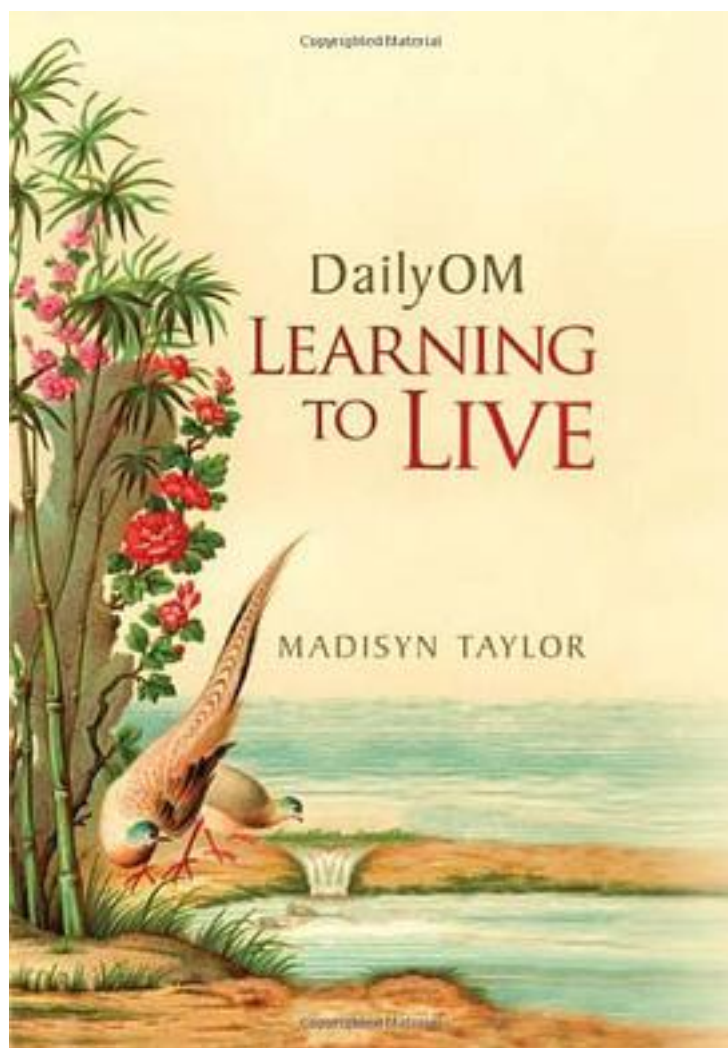


DailyOM



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Wouldn't it be great if we were born with instruction manuals? Each one would be different based on what we needed to learn, but the basics would be the same: how to create healthy relationships, how to deal with sorrow and pain, how to reach our goals, and how to know what we want to do with our lives when we grow up. We would continue to receive our own unique life lessons, but we would have a manual to refer to when feeling overwhelmed or lost. In this book, based on the popular Website DailyOM (www.dailyom.com), co-founder Madisyn Taylor seamlessly weaves together her award-winning inspirational thoughts with her achingly honest personal story, revealing the inspiration behind many of the DailyOM messages that touch millions of people every day. "Learning to Live "is the next best thing to a personal instruction manual: a guiding light to reassure us that we're on the right path, and to help fix us when we feel broken.

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