

## **MY YEAR WITH ELEANOR**



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My Year With Eleanor does have this. This was a tough book for me to rate and review. It was one that I enjoyed greatly at times and then became mildly irritated with at certain points.

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My Year With Eleanor is a delightful memoir of her journey out of fear and anxiety with the former First Lady of the World as her imitable guide. At the book's opening, Hancock has been seeing a therapist, Dr. Bob, for about a year (a decision that came about, she writes, when I realized I knew more about Jennifer Aniston than I did

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### **MY YEAR WITH ELEANOR by Noelle Hancock Kirkus Reviews**

She attempted to devise a one-year plan, only to find herself paralyzed into inaction by increasing anxiety and self-doubt. Then one day, and quite by chance, she came across a quotation from Eleanor Roosevelt scrawled across a cafe menu board: Do one thing every day that scares you. These simple words changed Hancock's life.

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### **My Year with Eleanor A Memoir by Noelle Hancock Reading**

?Eleanor Roosevelt. Painfully timid as a child, Eleanor Roosevelt dedicated herself to facing her fears, a commitment that shaped the rest of her life. With Eleanor as her guide, Noelle spends the months leading up to

her thirtieth birthday pursuing a "Year of Fear."

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### **No One to Blame But My Shelf My Year with Eleanor**

Over the next year, Noelle does everything from go to trapeze school to stand up comedy to climbing Mount Kilimanjaro. She also reads everything she can about her inspiration, Eleanor Roosevelt. During the year, she also continues to find herself by making regular visits to her therapist and makes peace with an ex-boyfriend.

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