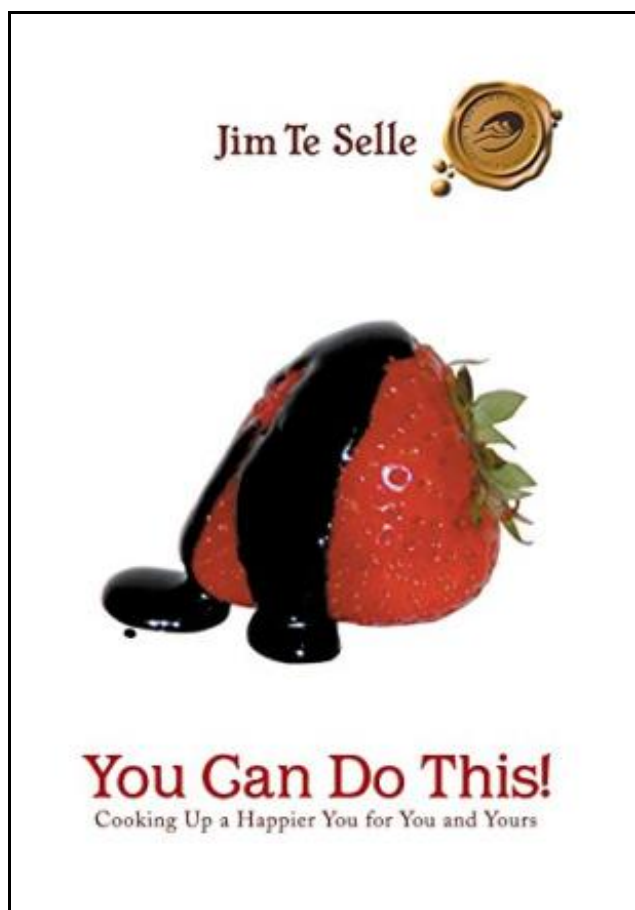


## You Can Do This: Cooking Up a Happier You for You and Yours



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Trafford Publishing. Hardcover. Book Condition: New. Hardcover. 188 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. This is not a cookbook! **You Can Do This! Cooking Up a Happier You for You and Yours** is instead a self-help guide to happiness. This book is a sort of Self-Confidence 101, says author Jim Te Selle. When his life was at its lowest, he came up with a plan to get it back on track. In his own words: This is a product of what I had to learn in order to get my life squared away. I woke up one morning in a treatment center. My wife had left me. I was almost broke and was raising twin boys by myself. I couldn't believe it. I had done all the things an American dad is supposed to do: college, marriage, job, mortgage, kids. And yet I was totally unhappy and not a little bit screwed up. What happened I had no clue. If your life isn't going quite the way you'd like it, if your dream seems out of reach, don't worry. I had to learn to believe in myself. This book offers one way to do that. You can do this! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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