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How to Stay Sane in a Crazy World: A Modern Book of Hours to Soothe the Soul (Hardback)

By Sophia Stuart

Hay House Inc, United States, 2014. Hardback. Book Condition: New. 180 x 155 mm. Language: English . Brand New Book. When did you last go back to bed on a Sunday morning with magazines and some tea and cake? Or sink into a bubble bath by candlelight and listen to soothing music? When was your last massage or vacation? If you can't remember the last time you took care of yourself like this, this book is for you. There was a time when Sophia Stuart needed this book, too. She lived a crazy life with no true relaxation, and soon enough she found herself in front of a surgeon who told her that she had three tumors in her throat and that she needed a five-and-a-half hour surgery - plus almost a month of medical leave to recover. And that's when she fell apart. But the kindness of strangers helped her through it all. Her anonymous blog gave her an outlet to express everything she was feeling - her fear of the pain, her anxiety about the operation, her frustration about being stuck at home, and anything else that came up. Her writing also focused on all the...



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