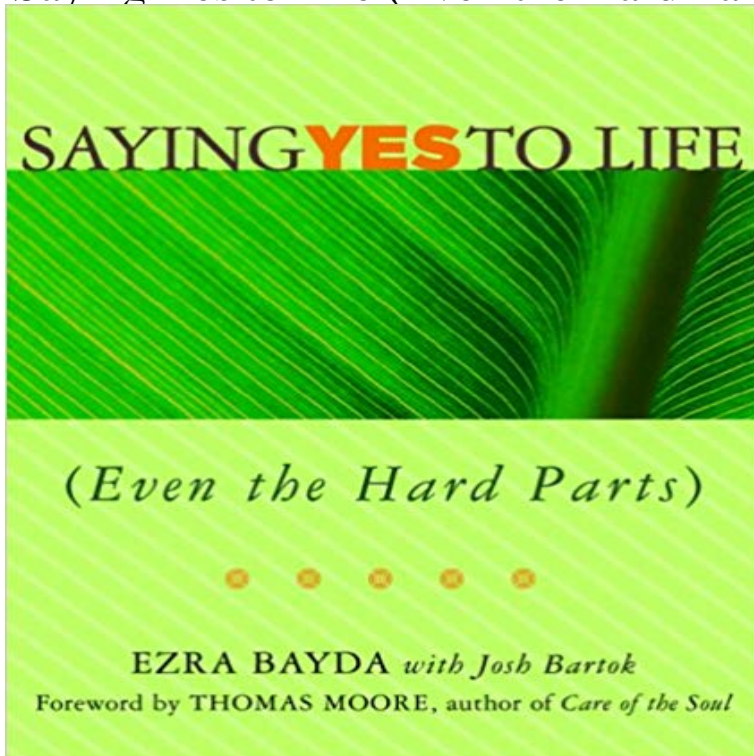


## Saying Yes to Life (Even the Hard Parts)



Told in blissfully simple language, the thoughts and messages in *Saying Yes to Life (Even the Hard Parts)* provide inspiration for each day. These nuggets of wisdom range from a page-long reflection to a simple aphorism and stress the importance of drawing meaning from life's paradoxes opening to the unwanted, recognizing the happiness in difficulty, and living for now rather than later. Page after page reveals truths that can be put into action in the moment, yet also stand up to multiple interpretations and thorough examination. Insightful and never convoluted, *Saying Yes to Life (Even the Hard Parts)* is a great companion for life's long journey.

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