



Why Your Life Sucks

Alan Cohen

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The in-your-face, no-hype guide to getting happy...

Your life sucks if...

- You routinely make someone or something more important than you
- The life you are living on the outside doesn't match who you are on the inside
- You say yes when you mean no
- You try to fix other people
- You've forgotten to enjoy the ride

When your life sucks, it's a wake-up call. Now self-help guru and bestselling author Alan Cohen invites you to answer that call, change your course, and enjoy the life you were meant to live. In ten compelling chapters, Cohen shows you how to stop wasting your energy on people and things that deaden you—and use it for things you love.

With great humor, great examples, and exhilarating directness, **Why Your Life Sucks** doesn't just spell out the ways in which you undermine your power, purpose, and creativity—it shows you how to reverse the damage. Here is an encouraging but loud-and-clear reminder that in every moment we generate our own experience by the choices we make, and that today is the best day to begin your new life.

From the Trade Paperback edition.

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From reader reviews:

Tara Huber:

The feeling that you get from Why Your Life Sucks may be the more deep you excavating the information that hide into the words the more you get serious about reading it. It doesn't mean that this book is hard to comprehend but Why Your Life Sucks giving you excitement feeling of reading. The copy writer conveys their point in particular way that can be understood by simply anyone who read the item because the author of this reserve is well-known enough. This specific book also makes your personal vocabulary increase well. So it is easy to understand then can go along, both in printed or e-book style are available. We advise you for having this Why Your Life Sucks instantly.

John Lambeth:

People live in this new moment of lifestyle always try to and must have the time or they will get large amount of stress from both daily life and work. So , once we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity do you possess when the spare time coming to you actually of course your answer will unlimited right. Then ever try this one, reading publications. It can be your alternative with spending your spare time, the particular book you have read is definitely Why Your Life Sucks.

Gerald Allen:

Many people spending their period by playing outside with friends, fun activity along with family or just watching TV all day every day. You can have new activity to enjoy your whole day by reading through a book. Ugh, ya think reading a book will surely hard because you have to accept the book everywhere? It all right you can have the e-book, delivering everywhere you want in your Cell phone. Like Why Your Life Sucks which is finding the e-book version. So , why not try out this book? Let's notice.

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