



## Life is Uncertain...Eat Dessert First!

*Sol Gordon*

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# Life is Uncertain...Eat Dessert First!

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**Life is Uncertain...Eat Dessert First!** Sol Gordon

ARE YOU WAITING TO FIND HAPPINESS? ARE YOU CONVINCED IT WILL COME YOUR WAY AS SOON AS... YOU'RE MARRIED... YOU HAVE THE PERFECT JOB... YOU'VE LOST 20 POUNDS... THE KIDS MOVE OUT OF THE HOUSE? STOP PUTTING PLEASURE ON HOLD! THIS WARM, WITTY BOOK OFFERS ADVICE AND INSPIRATION ON HOW TO INCREASE YOUR JOY CAPACITY NOW. WHY ARE SOME PEOPLE UNHAPPY, RESENTFUL, STUCK IN A RUT WHILE OTHERS REVEL IN LIFE AND ITS RICHES DESPITE THE HURDLES THEY MUST OVERCOME? *LIFE IS UNCERTAIN... EAT DESSERT FIRST!* SHOWS YOU HOW TO RECOGNIZE WHAT'S KEEPING YOU FROM FINDING THE JOY YOU DESERVE. WITH REVEALING ANECDOTES, CASE STUDIES, AND GUIDELINES FOR CASTING OFF NEGATIVE BEHAVIOR PATTERNS, THIS BOOK WILL TELL YOU HOW TO:

*Embrace* life with exuberance despite your troubles.

*Accept* responsibility for your happiness and avoid procrastination, blame, and fear.

*Replace* self-defeating attitudes and behaviors by following a program of positive thinking.

*Overcome* social and change anxiety by using visualization techniques and unconditional giving.

Happiness is out there waiting for you -- it's just a matter of knowing where to look. *Life Is Uncertain... Eat Dessert First!* shows you how to find it.

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Reading can called head hangout, why? Because if you are reading a book particularly book entitled Life is Uncertain...Eat Dessert First! your brain will drift away trough every dimension, wandering in every aspect that maybe unidentified for but surely will end up your mind friends. Imaging each word written in a reserve then become one type conclusion and explanation this maybe you never get previous to. The Life is Uncertain...Eat Dessert First! giving you yet another experience more than blown away your head but also giving you useful facts for your better life with this era. So now let us explain to you the relaxing pattern is your body and mind will be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary paying spare time activity?

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