



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:

Diane Adams:

In this 21st hundred years, people become competitive in each and every way. By being competitive right now, people have do something to make all of them survives, being in the middle of the crowded place and notice by means of surrounding. One thing that often many people have underestimated this for a while is reading. That's why, by reading a book your ability to survive enhance then having chance to endure than other is high. For you personally who want to start reading any book, we give you this particular Why Your Life Sucks book as nice and daily reading publication. Why, because this book is usually more than just a book.

Raymond Phillips:

As people who live in typically the modest era should be change about what going on or data even knowledge to make these keep up with the era which is always change and make progress. Some of you maybe will probably update themselves by reading books. It is a good choice for yourself but the problems coming to you actually is you don't know what kind you should start with. This Why Your Life Sucks is our recommendation to help you keep up with the world. Why, because book serves what you want and need in this era.

Jesus Moreno:

Now a day folks who Living in the era everywhere everything reachable by connect with the internet and the resources within it can be true or not require people to be aware of each details they get. How a lot more to be smart in receiving any information nowadays? Of course the correct answer is reading a book. Studying a book can help individuals out of this uncertainty Information especially this Why Your Life Sucks book since this book offers you rich facts and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it you probably know this.

Jessie Adams:

Reading can called mind hangout, why? Because while you are reading a book specifically book entitled Why Your Life Sucks your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe unknown for but surely will become your mind friends. Imaging every word written in a guide then become one web form conclusion and explanation that will maybe you never get before. The Why Your Life Sucks giving you yet another experience more than blown away your mind but also giving you useful data for your better life within this era. So now let us show you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

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