

## Make Life Beautiful

A Good Man's Life Looking Back Life Was Beautiful The Nature of Home The New Southern Style Unchosen Making Life More Beautiful The Shift Make Life Beautiful Sisters Make Life More Beautiful 50 Ways to Draw Your Beautiful, Ordinary Life Make Life Beautiful Howard Hugues Secret Funding Create Beautiful Things Notebook Life Is Beautiful Heal the Earth Life Made Easy Make Life Beautiful Ruth Medical Assistants Make Life Beautiful Athletic Trainers Make Life Beautiful Make Life Beautiful The Broke and Beautiful Life The Book of Life Beautiful Joe Living a Beautiful Life Live Beautiful Life Beautiful Colors Make Life Beautiful How to Make Your Life Beautiful Living a Beautiful Life on Less The Post-Birthday World Pieces to Peace You Can Make Your Life Beautiful There's Only One You Make Me Beautiful Journal Finding the Light The Diary of a Nobody The Little Book of Life Hacks

### A Good Man's Life

Synopsis coming soon.

### Looking Back Life Was Beautiful

Light-filled houses built with an emphasis on natural materials by award-winning Southern architect Jeffrey Dungan. Following in the tradition of populist architects Gil Schafer and Bobby McAlpine, Dungan designs new traditional houses for today--houses with clean lines, made with stone and wood, that carry an air of lasting beauty and that are made to be handed on to future generations. In his first book, Dungan shares his advice and insight for creating these "forever" houses and explores eight houses in full, from a beach house on the Gulf Coast to a farmhouse in the Southern countryside to a family home in the Blue Ridge Mountains. All speak of authenticity, timelessness, and lived history that reveals itself through the rich patinas and natural textures that come with age. Layered in between are thematic essays and imagery celebrating the importance of elements such as light, stone, and rooflines in creating a home.

### The Nature of Home

Draw the Flow Way "Create whatever causes a revolution in your heart."  
-Elizabeth Gilbert "I cannot rest, I must draw, however poor the result, and when I have a bad time come over me it is a stronger desire than ever."  
-Beatrix Potter "Drawing, painting, creating...it's like a muscle. You have to work on it every day."  
-Sarah Walsh "Draw the art you want to see, start the business you want to run, play the music you want to hear, write the books you want to read, build the products you want to use--do the work you want to see done."  
-Austin Kleon "Drawing is the discipline by which I constantly rediscover the world. I have learned that what I have not drawn, I have never really

seen, and that when I start drawing an ordinary thing, I realize how extraordinary it is, sheer miracle." -Frederick Frank "Have no fear of perfection, you'll never reach it." -Salvador Dalí "Creativity is a way of living life, no matter what our vocation or how we earn our living." -Madeline L'Engle "I believe the most important single thing, beyond discipline and creativity, in any artistic work, is daring to dare." -Maya Angelou "I sometimes think that there is nothing so delightful as drawing." -Vincent van Gogh In this innovative approach to drawing instruction, the illustrators from Flow magazine open up their tool kits, sharing secrets and techniques to teach the creatively curious how to draw. The lessons, 50 in all, curated from the best of Flow's two special drawing issues, show how to render the kinds of things we see every day: a bouquet of flowers, a beloved teacup, colorful mittens, the kitchen table, a bike, jam jars, a cat, an apple tree. Along the way we learn about color, materials, perspective, tools, and negative space. With its bound-in paper goodies, this book is also a canvas for artistic exploration—reminding us of the mindful pleasure of doing creative work. Filled With Paper Goodies: Mini daily drawing pad DIY postcards Watercolor, tracing, and colored papers House interiors to unfold and decorate

### **The New Southern Style**

Discover the simple path to happiness. Open this book and let your soul be drawn closer to God.

### **Unchosen**

"This luscious gift book is a perfect reminder that beauty is all around us. All we have to do is notice it, enjoy it, and appreciate it. So go ahead and let yourself experience the magical, generous, and serendipitous parts of your life. Give thanks for everyday moments. Allow the world to open your heart with its beauty. Fall in love with being alive. Let your dreams come out and play. Everything happens only once, so take in all you can and don't miss a single beautiful thing. Featuring the voices of Maya Angelou, Roald Dahl, Rumi, Eric Roth, Thch Nht Hnh, and more, this bright, lovely quote book offers so many messages to remind us to show appreciation for the beauty that's all around us. All we have to do is notice it. Quotes include: Happiness is available. Please help yourself to it. Thch Nht Hnh Always leave room in your life to do something that makes you happy, satisfied, or even joyous. Paul Hawken The whole world is a series of miracles|| but we're so used to the

### **Making Life More Beautiful**

Life Made Easy - The Secrets To Manifesting The Life You Desire is a precise 60 page Action E-Book Publication. Action E-Books are designed to implement real change in our lives via the reading experience.

Never before in human history have our lives been so fragmented by the daily demands being placed on us and by the onslaught of technology and information overload. Action E-Books assist in addressing some of these dilemmas as they simplify and activate the skills required to survive and succeed in the 21st Century. This book uncovers the ancient secrets which lie behind the true purpose of our existence. Backed up by scientific proof, it works with the manifesting methods used throughout the ages to this day by seers and mystics to create the lives they desire. It explains how we too have that ability and reveals how we are able to recreate our lives as we would like them to be. Everything you need to know to begin the process of manifesting the life you truly desire is contained within this book. In fact, the pages are infused with this energy, and just through reading it the desired results will begin to magically happen.

### **The Shift**

Take a journey to help the Earth in the second book of the New York Times bestselling trilogy by Julian Lennon! Jump aboard the White Feather Flier, a magical plane that can go wherever you want. This time, Lennon's interactive book immerses children in a fun and unique journey where they can: Bring medicine to people in need! Dive below the ocean to bleached coral reefs! Visit the city to cultivate green spaces! Help the rain forest return and give its animals a home! Explore the planet, meet new people, and help make the world a better place! The Flier's mission is to transport readers around the world, to engage them in helping to save the environment, and to teach one and all to love our planet. Just press a button printed on the page, and point the plane up in the air to fly, or down to land it! An inspiring, lyrical story, rooted in Lennon's life and work, *Heal the Earth* is filled with beautiful illustrations that bring the faraway world closer to young children. The book includes words to a new, special poem written by Julian Lennon, specifically for *Heal the Earth*. A portion of the proceeds from book sales will go to support the environmental and humanitarian efforts of the White Feather Foundation, the global environmental and humanitarian organization that Lennon founded to promote education, health, conservation, and the protection of indigenous culture.

### **Make Life Beautiful**

Based on the Webby award-winning Instagram account Drawings for My Grandchildren, this beautifully-illustrated book celebrates the special love shared between grandparents and their grandchildren. Like many grandparents wishing to stay close to their grandchildren in a world in which so many families are spread across the globe, Korean grandparents Grandpa Chan and Grandma Marina, decided to learn how to use Instagram as a way to stay connected. What started as an intimate family project, their Instagram page @drawings\_for\_my\_grandchildren has attracted a large following and their story has been featured in

major press around the world. This book inspired by their Instagram page features Chan's watercolors accompanied by Marina's texts. Whether it's to celebrate Astro becoming a big brother to Lua or to share the story of how the grandparents met for the first time and fell in love during their college years, Looking Back Life Was Beautiful echoes with the kind of family love that spans generations and traverses geography. A testament to the great wisdom only grandparents can provide to younger generations, Looking Back Life Was Beautiful will inspire families to always stay close and connected.

### **Sisters Make Life More Beautiful**

Imagine a world without colors, a world without beauty, a world without people with backgrounds different from ours. That world would be too dark to see or too bright that it blinds our eyes. Bring in colors and beauty rises from ugliness, and life from an abundance of poverty. We live in a world where we meet people different from us. We find their languages fascinating, their accent incredible, and their attire pleasantly weird. Some of these experiences can fade away with time and we cannot access them in times of emergency. Why not use this journal to write down all your positive thoughts and experiences with people of color? This act will save a life and contribute to making the world a better place for everyone.

### **50 Ways to Draw Your Beautiful, Ordinary Life**

If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned, you need a journal to write in. Not to be too direct, but it is time for you to discover why you feel the way you do and then figure out what to do about it. WM Journals provides you with the perfect place to write about all of that self exploration. Or you can just write stuff in your journal! The great thing about a lined journal is you can make it into anything you want. A day timer, travel journal, diary, notebook for school, a place for your short stories, etc. If you need to write something down, a journal is the tool you need. If you want to use it for more than just a notepad then keep reading. Almost every successful person seems to have kept a journal in one form or another. Success in this case is not defined by money but overall happiness. Whether or not they called it journaling doesn't matter as they kept a record of their goals, success, failures, feelings and their daily life. Your journal contains the answers to your most burning questions. It is literally the best self-help book you could ever read because it is all about you. Just some of the benefits of journaling are: \* Allows you to reflect on your life and the changes you are choosing to make or not make \* Clarifies your thinking and as Tony Robbins says "Clarity is Power" \* Houses all your million dollar ideas that normally get lost in all the noise of life \* Exposes repeated patterns of behaviors that get you the results you DON'T want \* Acts as a bucket for you to brain dump in - a cluttered mind leads to a disorganized life \* Revisits

daily situations giving you a chance to look at it with a different perspective\* Doesn't crash and lose everything you put into it like electronics (just like electronics though don't get it wet)You may want to keep multiple journals; one that contains your truest and most secret feelings that you guard heavily, but need a way to express. Another that contains all those fantastic ideas, creative endeavors, dreams and awesome goals. Maybe just something you doodle in.No matter how you use it getting into the daily habit of journaling has the potential to improve the quality of your life.Let's look past the simple fact you know how to physically write in a journal and dig into how to actually use your journal. It might contain all the secrets to life's biggest problems but unless you know how to uncover those secrets they stay hidden away in your words.\* Let the words flow from the heart and be filled with emotions, no holdbacks\* Make a daily journaling schedule. Each and every day take the time to record your thoughts morning and night. If you love to type notes into your phone all day transfer them to your journal after.\* Sit in a quiet spot and allow yourself to be emotionally and creatively free. Your journal is not a reason to turn yourself into an emotional punching bag.\* Start small. You do not need to write a specific number of words. Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility.\* If you write in your journal like someone is going to read it, you will ever allow yourself to fully express what needs to be expressed. Write like no one will ever read it because it is likely no one ever will unless you want them to. Write how you loved something, were mad at someone, wished something was different or anything you need to.Just do it. Start today writing in your journal. You could even put "Today I bought this awesome journal and will recommend all my friends do the same." At 6x9, WM Journals fit in most purses, totes and backpacks. WM Journals make a perfect gift for yourself or the writer in your life.200 Writable Pages Measures 6"x9" Full Glossy Color Exterior B&W Interior on Cream PaperSoftcover

### **Make Life Beautiful**

Lizzie O'Malley is back with a purpose in life. Still flighty and unpredictable, she knows that loving and losing Teagan Gallagher has changed her life forever. As she navigates her new life in Boston as a full time working mother, she promises herself she will never fall in love again. But can she keep that promise after meeting Nick Sawyer, the gorgeous Texan who has fallen for her? Follow Lizzie to Ireland where she struggles with tragedy and rediscovers herself all over again.

### **Howard Hugues**

A vibrantly illustrated exploration of the creative, inclusive, and inspiring movement happening in today's Southern interior design The American South is a place steeped in history and tradition. We think

of sweet tea, thick drawls, and even thicker summer air. It is also a place with a fraught history, complicated social norms, and dated perspectives. Yet among the makers and artists of the South, there is a powerful movement afoot. Alyssa Rosenheck shines a much-needed spotlight on a burgeoning community of people who are taking what's beloved, inherent, and honored in the South and making it their own. The New Southern Style tours more than 30 homes and includes interviews with the designers, artists, and creative entrepreneurs who are reinventing Southern design and culture. This beautifully illustrated book is sure to inspire the home and soul.

### **Secret Funding**

THE SHIFT is a book of collective inspiring stories brought to life by Dahlia McCutchen. She not only inspires but gives us a reason to explore what goes on in everyday life. She includes her own testimonies and of those around her! A must read. Perfect for anyone who needs that go get it boost!

### **Create Beautiful Things Notebook**

Clever little ways to improve your daily life!

### **Life Is Beautiful**

"In all the world over, this much is true: You're somebody special. There's only one YOU." Celebrate your individuality with this picture book that honors all the wonderful things that make you . . . you. This feel-good book reassures kids that, whoever and whatever they are, it's awesome being YOU! Expertly written to include all kinds of children and families, it embraces the beauty in a range of physical types, personalities, and abilities. Kids will love discovering and recognizing themselves in these pages--and they'll feel proud to see their special qualities acknowledged. Adorable illustrations by Rosie Butcher show a diverse community that many will find similar to their own.

### **Heal the Earth**

The powerhouse couple behind the Studio McGee design firm traces the rise of their rapidly growing brand while offering advice on how to apply classic interior design principles to build an authentically fulfilling life.

### **Life Made Easy**

A dog describes being mistreated by a cruel master but then later being taken in by a kind family.

### **Make Life Beautiful**

Whether you're 2 or 92, a creative journey of sight and sound awaits you at the turn of every page. 13 breathtaking songs from the best selling Hidden In My Heart series set the perfect atmosphere for your imagination and artistry to flourish as the wonder of God's Word comes alive not only to your senses, but to your soul. That's why 'Life Beautiful' is more than just a coloring book - it's a treasure.

### **Ruth**

From celebrated design expert and interior designer Athena Calderone, a look into how creatives decorate their spaces Beautiful design isn't just pleasant to look at; it improves the quality of our lives. In Live Beautiful, the highly anticipated design book by Athena Calderone, the EyeSwoon creator taps into her international network of interior decorators, fashion designers, and tastemakers to reveal how carefully crafted interiors come together. She also opens the doors to two of her own residences. With each homeowner, Calderone explores the initial spark of inspiration that incited their design journey. She then breaks down the details of the rooms—like layered textures and patterns, collected pieces, and customized vignettes—and offers helpful tips on how to bring these elevated elements into your own space. Filled with gorgeous photography by Nicole Franzen, Live Beautiful is both a showpiece of exquisite design and a guide to creating a home that's thoughtfully put together.

### **Medical Assistants Make Life Beautiful**

Considered to be one of the most financially successful people in the world when he was alive, Howard Hughes attracts attention even forty years after his death. Right from being a business tycoon to an aerospace engineer and inventor to being a maverick filmmaker, Hughes seemed to have tried it all. It is probably very difficult to summarize his life and successes in a short e-book, but here we try to present you with some interesting aspects about his life. Without wasting any time, let's just get started!

### **Athletic Trainers Make Life Beautiful**

Upton Sinclair, one of America's foremost and most prolific authors, addresses the cultivation of the mind and the body in this 1922 volume. Sinclair's goal was to attempt to tell the reader how to live, how to find health, happiness and success, and how to develop fully both the mind and the body. Part One: The Book of the Mind covers such subjects as faith, reason, morality, and the subconscious. Part Two: The Book of the Body develops such subjects as errors in diet, the fasting cure, food and poisons, work and play, and diseases and their cures .

### **Make Life Beautiful**

PIECES TO PEACE is a poetic account of Laila's journey of self-discovery in Toronto as a 26-year-old Afghan-Muslim woman living on her own for the first time. It is her story of pursuing her dreams while coping with personal issues of grief, trauma, poverty, cultural identity and belonging. Laila is a woman in becoming as she rebuilds herself through poetry from pieces to peace.

### **The Broke and Beautiful Life**

Fans of social realism will appreciate the surprisingly nuanced and multi-faceted perspective on Victorian era morals and mores offered in Elizabeth Cleghorn Gaskell's sweeping novel Ruth. The story follows the fortune of Ruth, an orphan who is tricked into an intimate relationship with an aristocrat who later abandons her when she is pregnant with his child. Ruth, distraught, struggles with the social strictures that paint her as an irredeemable sinner. Can she and her child survive? Read Ruth to find out.

### **The Book of Life**

American children's book illustrator Irina McGovern enjoys a secure, settled life in London with her smart, loyal, disciplined partner, Lawrence—until the night she finds herself inexplicably drawn to kissing another man, a passionate, extravagant, top-ranked snooker player. Two competing alternate futures hinge on this single kiss, as Irina's decision—to surrender to temptation or to preserve her seemingly safe partnership with Lawrence—will have momentous consequences for her career, her friendships and familial relationships, and the texture of her daily life.

### **Beautiful Joe**

Synopsis - Young, handsome, sometimes cruel. Noah Kress is a hardened broker, skilled enough to bring success to his company and determined to face the ever-growing challenges of the venture capital market. In his private life he is Master Noah, a very popular dominator at the Circle, one of the most exclusive private clubs in Boston. For him, at work as well as in the dungeon, people and events are just variables to be interpreted, numbers to be broken down, combinations to consider and evaluate. But when the latest, most difficult deal threatens to make his company sink without trace, his only chance seems to be the large investment fund managed by the mysterious Martin Scheer. And in order to provide credit, Martin demands a very special guarantee. For both of them it's just business. Yet, what was supposed to be a mere contract might just shatter the perfect surface of their lives. And will talented player Noah be willing to gamble following brand new rules? Due to m/m mature content, this book is recommended for an

adult audience.

### **Living a Beautiful Life**

Whether you are looking for a diary or daily planner this versatile journal is the perfect fit for your needs. In short, this notebook can be used formally or informally to secure your thoughts or bits of information or detailed notes. Lined 6x9 journal with 120 blank pages. This is the perfect birthday, Christmas or any occasion gift. Can be a great gift for bosses, colleagues, co-workers, friends and family to take notes in, to doodle, to sketch or put stickers.

### **Live Beautiful**

Do you feel bored or sad sometimes? If yes, you're not alone. That doesn't mean it should look like that. You can be happy all the time. This book shows ideas for answering the following questions. What amazing things people can do in life? How can people live the way they like? How can people start taking care about their health? What interesting phenomena occur in the world? In what ways people can improve themselves? How people can spend time with their friends in a fun way? Sometimes only one sentence can change someones life. That's why it's worth reading books. The most important is to have fun and be happy in life. If you want to make your life more interesting, full of happiness and fun moments, you can scroll up and click "Add to Cart".

### **Life Beautiful**

Daniel Nash struggles to reconcile his feelings of betrayal with his desire to understand his life. His hopes of uncovering the secrets revealed in his father's journals are quickly dashed, and he works with a private investigator to discover the truth. Worry about his wife, Sarah, combines with his efforts to cope with his childhood trauma, an unexpected death, and the recent revelations. His obsession with the past threatens to destroy his stable life. Meanwhile, Sarah and her father, Tristan, continue to combat the lingering discord that developed between them years before but refuse to take their main focus from Daniel. As he reviews his biological father's efforts to be a good man, Daniel searches for a way to comprehend shocking disclosures. He questions his own goodness as he fights not to emotionally withdraw from those around him, especially the two people he knows will always love him, Sarah and Tristan.

### **Colors Make Life Beautiful**

Whether you are looking for a diary or daily planner this versatile journal is the perfect fit for your needs. In short, this notebook can be used formally or informally to secure your thoughts or bits of information or detailed notes. Lined 6x9 journal with 120 blank pages.

This is the perfect birthday, Christmas or any occasion gift. Can be a great gift for bosses, colleagues, co-workers, friends and family to take notes in, to doodle, to sketch or put stickers.

### **How to Make Your Life Beautiful**

Offers suggestions for enriching one's daily life; includes advice on organization, decorating, and dining; and discusses the importance of solitude, style, and elegance

### **Living a Beautiful Life on Less**

The Diary of a Nobody is an English comic novel that records the daily events in the lives of a London clerk, Charles Pooter, his wife Carrie, his son Lupin, and numerous friends and acquaintances over a period of 15 months.

### **The Post-Birthday World**

Now a NEW YORK TIMES BESTSELLER, Make Life Beautiful is the new autobiography from Syd and Shea McGee, the stars of the Netflix hit series Dream Home Makeover. This book offers the fans of Syd and Shea McGee a new and intimate look into how they built their business. For the one million-plus followers who turn to Syd and Shea McGee for advice on building a beautiful home and life, Make Life Beautiful is be a behind-the-scenes look into how the couple transformed Shea's small room of fabric samples and big dream of becoming a designer into one of the most successful and fastest-growing interior design businesses in the country. Both long-time and new fans will not only gain insight into how the McGees built such a successful company but also be inspired to apply design principles to their lives. Inspirational topics to help readers build an authentic life include Renovate your life Visualize the outcome Listen to your gut Elevate the everyday Want to live the best version of your life? Read this book to follow Syd and Shea's lead and learn how to Make Life Beautiful. This is an essential book for: Entrepreneurs Interior Designers Working Parents Couples Building Family and Career Self-Starters and Anyone Chasing Their Dreams Praise for Make Life Beautiful: "Make Life Beautiful is a necessary reminder there is inherent beauty and warmth in all moments. Shea and Syd invite us into endearing conversations filled with wit, humor, creativity and an honesty shining light on the couples beautiful focal points." - Alyssa Rosenheck, interiors and architectural photographer, stylist, and author of the New Southern Style "In a world of picture perfect, Syd & Shea are a much needed breath of fresh air. It takes courage to admit that things aren't always perfect. I applaud them for authentically sharing their story with the world." - Mikel Welch, interior designer, lifestyle expert, and TV show host "Make Life Beautiful is raw, honest and motivating. A captivating read as Shea & Syd navigate us through

the early days of their relationship, family and growing business. A form of a modern day romance success story. I enjoyed reading about their compelling journey that shaped their design empire we know as Studio McGee. Truly inspiring in every way." - Monika Hibbs, Founder and Creative Director of Monika Hibbs and author of Gather at Home "There's nothing more beautiful than taking a leap and devoting your life and your heart and your work to helping other people enjoy beauty in their own homes. We've all come to know and love and yearn for the Studio McGee look but hearing the humble "how's" behind the empire is even more moving and motivating. This isn't about just making your home beautiful--this is about making your LIFE beautiful. Shea and Syd are talented (obviously) but they're also dreamers and supporters and risk-takers and pioneers and somehow, still completely down-to-earth. My heart is warm and I'm now taking notes on more than just mixing patterns." - Julia Marcum, Co-Founder of Chris Loves Julia, Good Influence\_r and Proper Tee

### **Pieces to Peace**

After moving to New York City to become a Broadway actress, Stefanie O'Connell faced one of two inevitabilities when faced with unemployment--spiral into debt or learn how to effectively manage her money. Punctuated with humor, insight, and essential money management lessons, *The Broke and Beautiful Life* offers practical strategies to make smarter financial decisions today as a means to fulfill the goals and dreams of tomorrow. Specializing in personal finance (with an emphasis on personal), Stefanie engages those who shy away from the word "investing," scoff at the word "budget," and equate interest rates with "snooze fest." She encourages readers to redefine their relationship with money and approach budgeting as an exciting and sexy tool to transform from broke to beautiful while enjoying every step along the way.

### **You Can Make Your Life Beautiful**

Make biscuits with Manolo Blahnik or customise your bike with Paul Smith. Let Charlotte Olympia put a spring in your step and turn a magazine into a millinery with Stephen Jones. Fashion a Bella Freud jumper or a Topshop Tee, wear Fred Butler's jewels and dress up like Henry Holland. Let Michael Howells and Christian Lacroix help you create a drama and Nick Knight a cup of tea. Turn on your imagination and MAKE LIFE BEAUTIFUL. MAKE LIFE BEAUTIFUL provides a unique glimpse into some of style's most creative minds with full-colour pictures throughout and a personal introduction from the designers to each of the projects. Craft has never been so fashionable.

### **There's Only One You**

See how less can be more! Learn the secrets to living a rich and

fulfilling life with less money, less stuff, and a lot less stress. Popular blogger Danielle Wagasky knows how to simplify your life so you can actually enjoy the abundance all around you. From finances to green cleaning, you will discover your own blissfully simple life within the pages of this must-read book!

### **Make Me Beautiful**

Writer and artist Heather Stillufsen elegantly captures the joys of sisterhood in this charming keepsake book that affirms what anyone who has a sister already knows is true sisters really do make life more beautiful!

### **Journal**

Take this journey through the life and times of Pamela Lundy, an African-American "Baby Boomer" from Detroit, Michigan. Her intriguing, impactful story spans over five decades of time. Her parents were divorced when she was very young, and her mother was denied visitation of her children. Subsequently, Pamela was left feeling unwanted and unloved. Her workaholic father took her and her five siblings to live with his parents in their overcrowded home. They became lost somewhere in the shuffle. It was there that she and her siblings were violated and became the frightened, fragile, voiceless victims of incest. Left carrying a boatload of baggage, guilt and shame, Pamela refuses to fade into the background. Though the survivor in her emerges, the traumatizing experience stays with her throughout most of her lifetime. She suppresses her feelings and attempts to hide her dirty little secret behind attaining and maintaining the outer image of beauty. Time after time, in desperation she attempts to capture it. Walk through her times of childhood bliss, those days of pony tail wearing, hop scotch playing and penny candy eating. Get a feel for the 1950's and 60's smoke-filled beauty shops as the "pressing comb" works its transitional magic converting Black women's hair from kinky to straight. Learn the plight of this Black woman's attempt to replicate the images of the Caucasian women which graced the covers of popular magazines, the ones that set the standard for what was deemed as beautiful. March through the times of civil unrest and experience a revolution in America. Read about Pamela's personal encounter with racial prejudice, after which she develops a clear perception of the magnitude of the raw, uncut hatred toward her people. Her journey continues as she evolves from a child into a woman. Her life seems plagued with obstacles. She faces many challenges. This is a story about the vicissitudes of life and everything in between. Ultimately, Pamela learns to view life as a series of experiences and lessons learned. Throughout this book she has incorporated her reflections, of which she shares with her readers. And for the most part, she is successful at turning her struggles into triumphs. Her story concludes as she finds the strength and courage to dig deep inside herself and break free from the demons of her past. As she unmask her outer image

of beauty and perfection, she relinquishes her heavy load of shame and realizes what the true essence of beauty really is.

### **Finding the Light**

A Thing of Beauty Is A Joy Forever Do you enjoy writing in old fashion notebooks and journals? Then you need the Create Beautiful Things Notebook. 100 Notebook Pages & 4 Adult Coloring Pages Plenty of pages for note taking or journaling. In addition, enjoy gorgeous adult coloring pages for relaxation and mindfulness. Laptop Or Paper Notebook? Technology promises to make our lives more productive. Indeed, some things are faster and easier than ever. Unfortunately, a lot of technology is designed for the task, not for the user. As a result, people are able to take more notes, yet understand less. Have you ever taken copious notes in a class or meeting using your computer only to realize afterwards you still didn't understand? Taking notes on paper forces you to synthesize rather than merely transcribe. Because you desire comprehension and understanding rather than simple transcription, the Create Beautiful Things Notebook is a must. Studies About Benefits of Paper Notebooks Don't just take my word, based on a study conducted at UCLA, the Association for Psychological Science indicated that "taking notes by hand is better than taking notes on a laptop for remembering". Will you take advantage of this knowledge to gain an edge on your competition at school, work, or business? How will better understanding make things help you achieve your goals? Organize Your Life Get rid of little scraps of paper you use to capture inspirations and ideas, daily tasks, notes, and phone numbers. Use the Create Beautiful Things Notebook to neatly organize your life. Feel Better By Logging Your Progress In my corporate days, I'd instruct employees to write down accomplishments as they happened. During annual reviews, we are bogged down with current issues and activities and it's hard to remember the great things we did 9, 6, or even 3 months ago. Write down your accomplishments with your hobbies, weight loss, and other life goals. Use the Create Beautiful Things Notebook notebook to look back feel good about yourself and the things you've done! FREE BONUS INSIDE Included inside is a link to download a free copy or an amazing adult coloring book featuring mandalas, animals and butterflies. Aside from enjoying your Create Beautiful Things Notebook, enjoy hours of enjoyment and relaxation with beautiful adult coloring pages. Inside, you'll find: A 2017 calendar for remembering important occasions 100 Notebook pages for writing 4 Penguin themed adult coloring pages A link to download a FREE adult coloring book What Really Matters? Think about the importance of your birth certificate, marriage certificate, property deeds, or even the laws that govern our societythe stuff that really matters goes onto paper! Make what you do matter! Buy the Create Beautiful Things Notebook today, make what you write matter! ! Click the Buy button at the top of the page to begin.

### **The Diary of a Nobody**

## **The Little Book of Life Hacks**

Adventure. Chaos. Love. Despair. Life can change in an instant. From a beautiful oblivion to utter destruction. I never saw it coming. I never believed this could happen. Reality brought us back down to the ground, ripping away a peace we never believed was possible. Our lives are far too complicated for us to live in a fairytale. Fairytales don't come true. Fairytales aren't real. Happiness is an elusive dream in our world. A thing we strive for but never quite reach. One phone call destroyed us. Broke us into a million shattered pieces. Both of us falling, falling until nothing is left. Somehow, someday, we'll make it through. Together we're stronger than we ever could be on our own. This hideously, beautiful life won't tear us apart. It won't break us down. We won't let it. Because together this life is the adventure we always wanted but never dreamed of having. \*This is NOT a standalone. Escaping the Edge should be read before reading Finding the Light.\*

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