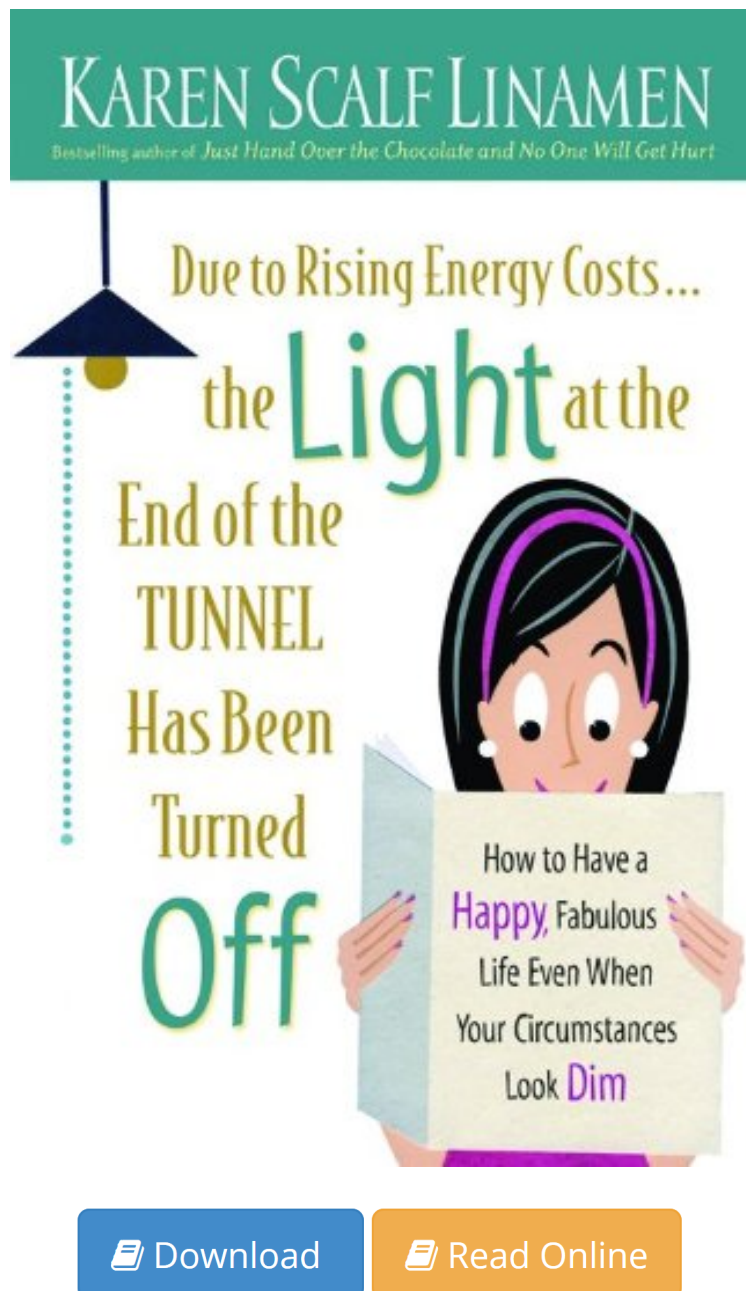


(Free and download) Due to Rising Energy Costs, the Light at the End of the Tunnel Has Been Turned Off: How to Have a Happy, Fabulous Life Even When Your Circumstances Look Dim

Due to Rising Energy Costs, the Light at the End of the Tunnel Has Been Turned Off: How to Have a Happy, Fabulous Life Even When Your Circumstances Look Dim

Karen Scalf Linamen

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Karen Scalf Linamen : Due to Rising Energy Costs, the Light at the End of the Tunnel Has Been Turned Off: How to Have a Happy, Fabulous Life Even When Your Circumstances Look Dim before purchasing it in order to

gauge whether or not it would be worth my time, and all praised *Due to Rising Energy Costs, the Light at the End of the Tunnel Has Been Turned Off: How to Have a Happy, Fabulous Life Even When Your Circumstances Look Dim*:

1 of 1 people found the following review helpful. Five Stars
By Catherine Burleson
I have passed it on and would highly recommend it.
0 of 0 people found the following review helpful. Good subject well written, but lacks standard Linamen laughter.
By T. Bentley
Linamen addresses a great subject matter (not letting our emotions control our attitudes) and does it quite well. You can't miss the heaviness of the journey she has made to come to this point in her life. But if you're expecting Linamen's standard sense of humor which provides a steady stream of laughter, perhaps the next book.
0 of 0 people found the following review helpful. hilarious
By Dianna Leeth
This is a great book to keep around to just read a chapter or two when you need a lift.....and all the perspectives helpful

Everyone experiences those days--or weeks or months or years--when it seems like nothing is going right. When things in our relationships, careers, finances, environment, and even our bodies aren't going as planned (and when it comes to our bodies, things never seem to go as planned!), our emotions follow. How can we get back that inner peace we so desire? With her signature wit, Karen Scalf Linamen helps women put it all into perspective. She shows how to feel alive and vibrant despite our circumstances. With hilarious true stories and plain-sense practicality, this book is just what women need when life seems to be falling apart at the seams. After all, life on this planet is bound to make us crazy, but, as Karen says, some days it's just not worth chewing through the restraints.

From the Inside Flap
EXCERPT FROM CATALOG
You remember how I mentioned all the stuff muscles do? I said they give us strength, determine our paths, get us going, keep us on track, and even help us change our worlds. There's something else they do for us. When we find ourselves flat on our faces in a dark place, muscles get us back on our feet, moving toward an exit, and reaching for the switch that makes the world illuminated and bright once again. And the next time the light goes out at the end of one of your tunnels, a well-toned sense of peace, hope, and joy can do the very same thing. In the following chapters, we're going to talk about ten ways we can stretch, flex, and tone our peace, hope, and joy. Every day. Rain or shine. Even when it's dark outside. Especially when it's dark outside. Life is too short and too rich for anything less. After all, you and I've got places to go, things to do, people to love, life to live, and dances to dance. Who wants to stay home in bed because of a little inclement weather? The bad news is that sometimes skies are gray. The good news is that you and I don't run on solar power. Whether we realize it or not, we really do have the moxie we need to hone the moves that will help us get the most mileage and joy out of our lives. Even if we do look like C3PO when we belly dance.
From the Back Cover
Ever have a year when nothing seems to go right? When things in life--relationships, careers, finances, and even our bodies--aren't going as planned, our emotions often take a nosedive. It's hard to feel joyful, confident, and excited about the future when circumstances threaten to send you on a downward spiral. Wouldn't it be great if you could always find peace and hope, even in difficult situations? You can! Armed with insight, candor, and wit, Karen Linamen will give you a new perspective on what you can do when life is falling apart at the seams. Whether you realize it or not, you really do have what it takes to get the most mileage and joy out of your life. Don't let circumstances drag you under! Karen Linamen shows you how to experience a happy, fabulous life no matter what the world throws your way. Karen Scalf Linamen is a mother of two and the author or coauthor of several books, including *Just Hand Over the Chocolate* and *No One Will Get Hurt* and *Chocolatherapy*. Two of her books have received recognition as finalists for the ECPA Gold Medallion Award. She lives in Colorado.
About the Author
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