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[SURVIVAL LESSONS] By Hoffman, Alice (Author) 2013 [Hardcover]

Alice Hoffman

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One of America's most beloved writers shares her suggestions for finding beauty in the world even during the toughest times. Survival Lessons provides a road map of how to reclaim your life from this day forward, with ways to reenvision everything from relationships with friends and family to the way you see yourself. As Alice Hoffman says, In many ways I wrote "Survival Lessons" to remind myself of the beauty of life, something that s all too easy to overlook during the crisis of illness or loss. I forgot that our lives are made up of equal parts of sorrow and joy, and that it is impossible to have one without the other. I wrote to remind myself that despite everything that was happening to me, there were still choices I could make. Wise, gentle, and wry, Alice Hoffman teaches all of us how to choose what matters most.

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