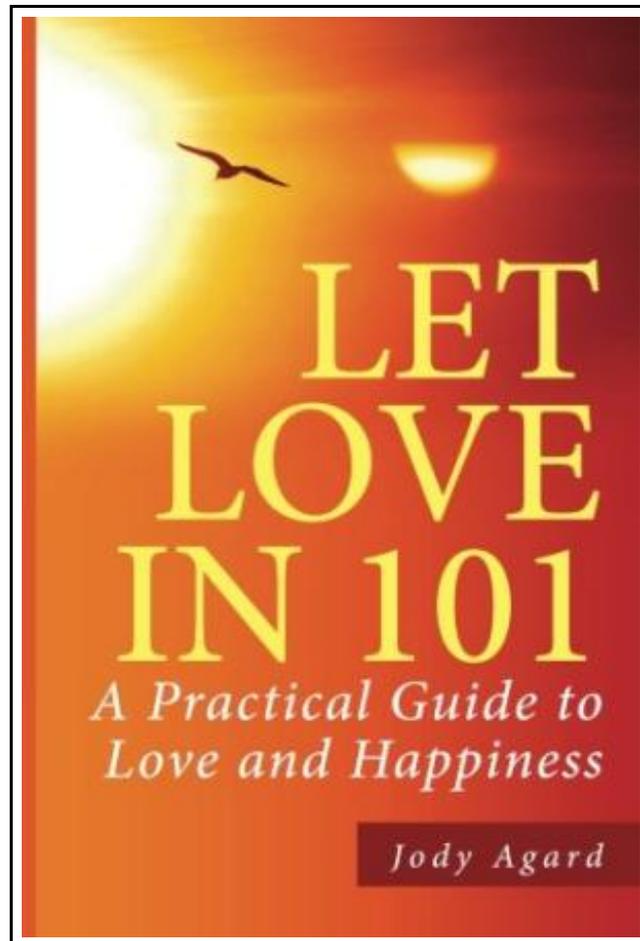


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Nineteen years after her dad s suicide, Jody found herself desperately searching for ways to improve her life. At the time, she was a single mom, unhappy in her relationships, financially unstable and working in a career that no longer made her happy. This left her feeling exhausted, unfulfilled and overwhelmed. In her work, best-selling author and inspirational speaker, Jody Agard shows you how to find happiness within yourself and restore balance in all areas of your life. Jody discusses a wide array of topics, including forgiveness; forgiving others and the forgiveness of self; relationship problems; the importance of loving ourselves; just the way we are; establishing healthy relationships; and creating positive relationships; defining what happiness is; and facing life challenges in a peaceful and graceful way. Jody candidly shares her journey, allowing the reader an inside look at the steps she took to transform her life as she began to pick up the pieces of her life. She discovered, there wasn t one special-magic button, but instead, a series of principles and practical tools she began implementing into her life. Jody is living proof that the practical principles she discusses in these pages really work. As you read, you too will discover you have the ability to create a life filled with success, love and happiness.



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