



Laugh, Cry, Eat Some Pie: A Down-to-Earth Recipe for Living Mindfully (Even When the World Feels Half-Baked)

Deanna Davis Ph.D.

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Today's special: A slice of insight and a scoop of wisdom, with some laughter on the side

Deanna Davis is no stranger to tough times. Like the rest of us, she's faced her share of heartache, self-doubt, and professional obstacles among other challenges. In this inspiring new guide, she mixes together all the best ingredients-good humor, a dollop of wisdom, and powerful insights from the worlds of Positive Psychology and neuroscience-to serve up practical strategies for transforming your life, no matter how warmed-over everything around you (and inside you) might seem.

With humor, honesty, and a down-to-earth, relatable style, Davis shares stories and insights that address the issues real women face every day-from balancing family needs with personal and professional ones, and stealing a few moments of quiet every now and then, to getting through the rough patches that every relationship sometimes throws us.

Celebrating the importance of mindful living, the power of friendships, and the undeniable benefits of a good laugh (and, every now and then, a good cry), this is just the satisfying read we need for these tough times.

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From reader reviews:

Colby McCray:

Laugh, Cry, Eat Some Pie: A Down-to-Earth Recipe for Living Mindfully (Even When the World Feels Half-Baked) can be one of your beginner books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to put every word into satisfaction arrangement in writing Laugh, Cry, Eat Some Pie: A Down-to-Earth Recipe for Living Mindfully (Even When the World Feels Half-Baked) although doesn't forget the main place, giving the reader the hottest and based confirm resource info that maybe you can be among it. This great information could drawn you into new stage of crucial contemplating.

Amelia Gallup:

In this age globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. Often the book that recommended to your account is Laugh, Cry, Eat Some Pie: A Down-to-Earth Recipe for Living Mindfully (Even When the World Feels Half-Baked) this publication consist a lot of the information in the condition of this world now. This book was represented just how can the world has grown up. The vocabulary styles that writer use to explain it is easy to understand. The actual writer made some research when he makes this book. This is why this book suitable all of you.

Neil Williams:

Is it you who having spare time subsequently spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This Laugh, Cry, Eat Some Pie: A Down-to-Earth Recipe for Living Mindfully (Even When the World Feels Half-Baked) can be the respond to, oh how comes? The new book you know. You are so out of date, spending your time by reading in this new era is common not a nerd activity. So what these guides have than the others?

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