



DOWNLOAD



I m Happy for You (Sort of. Not Really): Finding Contentment in a Culture of Comparison

By Kay Wyma

Tantor Media, Inc, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 190 x 135 mm. Language: English . Brand New. Is comparison living hijacking your life? Do you find yourself measuring your value against your friend s house, body, marriage, r sum, paycheck, organic garden, or Pinterest-worthy holiday decor, and coming up lacking? Do your college roommate s Instagram snapshots bear little resemblance to the scene at your house this morning? Excessive comparison and competition sap our energy and steal our joy. Our friends become our audience and judges, and our kids become part of our brand. Add social media s constant invitation to post and peruse, and it s no wonder that we re left exhausted, discontent, and lonely. Thankfully, there is another way. With refreshing candor and humor, Kay Wills Wyma shares her experiences with comparison living and offers listeners the simple remedies that helped her and her family reboot their perspective and discover freedom, authenticity, and joy.



READ ONLINE
[2.58 MB]

Reviews

This created ebook is great. it was writtern very properly and useful. Its been printed in an exceedingly easy way in fact it is just right after i finished reading this pdf where basically modified me, alter the way i think.

-- Aglae Becker

This ebook is definitely worth buying. It is definitely basic but excitement within the fifty percent in the ebook. Its been designed in an extremely straightforward way which is merely following i finished reading this ebook where basically changed me, alter the way in my opinion.

-- Ward Morar

Relevant Books



Electronic Dreams: How 1980s Britain Learned to Love the Computer

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber keys? Did you marvel at the immense...



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



Bringing Elizabeth Home: A Journey of Faith and Hope

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 133 mm. Language: English . Brand New. At 3:58 in the morning of June 5, 2002, Ed and Lois Smart awoke to the sound of their nine-year-old daughter Mary Katherine...



Any Child Can Write

Oxford University Press Inc, United States, 2003. Paperback. Book Condition: New. 4th Revised edition. 201 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.Harvey S. Wiener shows how parents can encourage their children to write with a...



An American Robinson Crusoe

1st World Library, United States, 2005. Paperback. Book Condition: New. 211 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...