



A Charmed Life: The Story of How Red Boots and Cupcakes Can Help You Find Happiness

By Sharon Mitchell

Balboa Press, United States, 2011. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.If you live in emotional pain, if you are working hard for what you thought you wanted and yet you re still not happy, author Sharon Mitchell can help. In 2007, on the day of her fifteenth wedding anniversary, Sharon Mitchell realized that she had everything she had ever wanted and worked for-marriage; money; happy, healthy children; a multimillion-dollar business; international travel; a big white house on the hill; and three European cars in the driveway. Yet, she was desperately and inexplicably unhappy. Sharon, like so many women of her generation and the generations around her, realized that she had traded actual happiness and self-fulfillment for what she was told would make her happy. Shortly after this day, a life-threatening event forced her to face her demons and begin the journey of self-discovery that would change her life forever. She made the brave journey from the brink of death to recovery and, along the way, battled to save her marriage while launching an award-winning cupcake business. She found the courage to fly a plane and surprising joy...



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