



# **Due to Rising Energy Costs, the Light at the End of the Tunnel Has Been Turned Off: How to Have a Happy, Fabulous Life Even When Your Circumstances Look Dim**

*Karen Scalf Linamen*

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Everyone experiences those days--or weeks or months or years--when it seems like nothing is going right. When things in our relationships, careers, finances, environment, and even our bodies aren't going as planned (and when it comes to our bodies, things never seem to go as planned!), our emotions follow. How can we get back that inner peace we so desire? With her signature wit, Karen Scalf Linamen helps women put it all into perspective. She shows how to feel alive and vibrant despite our circumstances. With hilarious true stories and plain-sense practicality, this book is just what women need when life seems to be falling apart at the seams. After all, life on this planet is bound to make us crazy, but, as Karen says, some days it's just not worth chewing through the restraints.

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