



# Life is Short, Wear Your Party Pants

*Loretta Laroche*

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## **Life is Short, Wear Your Party Pants** Loretta Laroche

Loretta La Roche has helped millions of people find ways to lighten up and overcome stress. Now, in *Life Is Short—Wear Your Party Pants*, she gives you the tools you need to not only reduce feelings of tension, but also to bring joy, passion, and gusto into your life. Her techniques are a brilliant blend of old-world common sense and the most contemporary research in brain chemistry, psychology, and mind-body studies. Loretta gives you dozens of proven techniques for recognizing the ten simple truths that will lead you to an intense, happy, successful life: resilience, living in the moment, optimism, acceptance, humor, creativity, moderation, responsibility, meaning, and connection. Loretta's wisdom evolved from her own life—one filled with the demands of being a single mother of three; of starting her own business when she was broke; and of the wacky invasiveness of her Italian family. She's like all of us: real, flawed, stressed out, and on edge. Her magic comes from an ability to not take herself too seriously, and to always shift her focus away from the self-destructive and toward the truly important things in life. In her work, Loretta has seen tens of thousands of people who live their lives as if they're sitting in a waiting room, hoping that their turn comes up next. This book will show you that life is not something to be endured, but is something to be truly appreciated. We need to remember how to access our inner abundance, which allows us to be heart-centered, joy-filled human beings. As Loretta says: "Yesterday is history, tomorrow is a mystery, and today is a gift—that's why they call it the present."

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Spent a free time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their very own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Can be reading a book is usually option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the book untitled Life is Short, Wear Your Party Pants can be excellent book to read. May be it may be best activity to you.

#### **Ruth Coleman:**

People live in this new morning of lifestyle always make an effort to and must have the time or they will get great deal of stress from both daily life and work. So , whenever we ask do people have time, we will say absolutely of course. People is human not just a robot. Then we consult again, what kind of activity are there when the spare time coming to a person of course your answer can unlimited right. Then ever try this one, reading ebooks. It can be your alternative inside spending your spare time, typically the book you have read is Life is Short, Wear Your Party Pants.

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