



How to Have a Fabulous Life--No Matter What Comes Your Way (Spire Books)

Karen Scalf Linamen

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When life gets you down, you don't have to self-medicate with chocolate . . .

(Although if you can, why wouldn't you?)

Ever have one of those days (or years) when life doesn't go as planned? Our relationships, our careers, our finances, and even our bodies have the potential to drag us down. But you don't have to be controlled by your circumstances. The secret to a happy, fabulous life is all in how you respond to tough times.

With insight, candor, and wit, Karen Scalf Linamen offers you a new perspective on what you can do when life is falling apart at the seams. Whether you realize it or not, you really do have what it takes to get the most mileage and joy out of your life.

Karen Scalf Linamen is the author of several books, including the popular *Just Hand Over the Chocolate and No One Will Get Hurt*.

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