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Autore	Lane Lucy
Titolo	The little book of inspiration // Lucy Lane
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Descrizione fisica	1 online resource (160 pages)
Collana	The Little Book of
Disciplina	153.8
Soggetti	Motivation (Psychology) Inspiration
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Front cover -- INTRODUCTION -- WRITE A BUCKET LIST -- BREAK FROM THE ORDINARY -- SAY YES -- CREATE A BUZZ -- SAVOUR A SUNRISE -- SECRET DESIRES -- EXPRESS YOURSELF -- THE POWER OF THE DOODLE -- A BIRTHDAY EVERY DAY! -- CAPTURING BEAUTY -- WRITE A LOVE LIST -- WATCH TED -- CHOOSE A NEW HABIT -- SAY HELLO TO YOUR FUTURE -- NEW HORIZONS -- WONDERFUL WORKSPACES -- TAP INTO YOUR SUBCONSCIOUS -- CONNECTING THE DOTS -- EXERCISE YOUR BRAIN -- WHAT IF? -- INDULGE IN A CLASSIC -- A DAY OF RANDOMNESS -- SLEEP UNDER THE STARS -- IT'S NEVER TOO LATE -- ONLINE INSPIRATION -- THE WONDER OF NATURE -- FAMILY ROOTS -- DREAM BIG -- TAKE YOURSELF ON A DATE -- LOOK AT ART SLOWLY -- BE PREPARED -- A NOTE FROM THE HEART -- WATCH YOUR WORDS -- ON THE MOVE -- FACE FORWARD -- THE POWER OF SONG -- CHILDLIKE JOY -- BE A TOURIST IN YOUR OWN TOWN -- WRITE A HAIKU -- MAKE A DIFFERENCE -- WHO ARE YOUR HEROES? -- BEYOND THE BRUSH -- PEOPLE POWER -- BUDDY UP -- MIND-WANDERING -- LET NATURE SOOTHE YOU -- NO COMPLAINTS -- A QUOTE A DAY -- ASK SOMEONE HAPPY -- CELEBRATE HOW FAR YOU'VE COME.
Sommario/riassunto	Whatever dream you are working towards, a few wise words can help a daunting challenge seem manageable. This uplifting little book is packed with inspiring quotations and simple but effective tips to help

you get the most out of every day.
