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Autore	Poulin Susan
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Sommario/riassunto	<p>Meet Ida LeClair, the funniest woman in Maine. Ida is also a newly minted "Certified Maine Life Guide" who wants to help you live a better, happier life. Ida is a lifelong resident of Mahoosuc Mills, a hard-to-find, but oh-so-familiar town in Western Maine, where she lives in a tidy and tastefully decorated double-wide with high school sweetheart Charlie and adorable dog Scamp. Most importantly, Ida (a.k.a. the alter ego of popular performer Susan Poulin) is a daughter, sister, wife, and best friend who draws upon her experiences (as well as those of the noble and majestic moose) to offer practical and hilarious advice on relationships, physical fitness, stress, housecleaning, work, shopping, fun, and more. (If you are looking for impractical, woo-woo advice from a glammed-up, over-educated, fancy-schmancy life coach, just keep looking!) <i>Finding Your Inner Moose</i> features such sections as: What Did I Do Wrong to Deserve this Turkey Gobbler Neck; How Many Points in Cabbage Soup?; I Can't Die Today Because if Anyone Saw the State of My House I'd Just Die; Feng Shui-ing the Double Wide; Slaying Energy Vampires; and Spousal Deafness. This book is 100% Ida, who, as her husband Charlie, says, "just loves giving advice to people, whether they ask for it or not!"</p>