



Laugh, Cry, Eat Some Pie: A Down-to-Earth Recipe for Living Mindfully (Even When the World Feels Half-Baked)

Deanna Davis Ph.D.

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Today's special: A slice of insight and a scoop of wisdom, with some laughter on the side

Deanna Davis is no stranger to tough times. Like the rest of us, she's faced her share of heartache, self-doubt, and professional obstacles among other challenges. In this inspiring new guide, she mixes together all the best ingredients-good humor, a dollop of wisdom, and powerful insights from the worlds of Positive Psychology and neuroscience-to serve up practical strategies for transforming your life, no matter how warmed-over everything around you (and inside you) might seem.

With humor, honesty, and a down-to-earth, relatable style, Davis shares stories and insights that address the issues real women face every day-from balancing family needs with personal and professional ones, and stealing a few moments of quiet every now and then, to getting through the rough patches that every relationship sometimes throws us.

Celebrating the importance of mindful living, the power of friendships, and the undeniable benefits of a good laugh (and, every now and then, a good cry), this is just the satisfying read we need for these tough times.

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