



## I'm Not Perfect and It's Okay

Dolores Ayotte

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My recipe for life consists of a little bit of this and a little bit of that borne from my life experiences. Usually, when I use all of the ingredients and steps I end up with a pretty good product. SometimesI can still fail. It is this failure to succeed all of the time that helps remind me of my humanity and the fact that I am not perfect. From new author Dolores Ayotte comes a bakers dozen of insightful tips to getting through life. In "I'm Not Perfect and It's Okay".

Ayotte presents readers with a means to a better life. Ayottes conversational style makes her feel like an old friend giving advice. With exceptional ease, readers are taken through a recipe for healing, beginning with love for themselves. Readers are reminded to keep lifes recipe simple, being sure to add a cup of laughter, two cups of forgiveness, and a dash of silenceresulting in several goods sure to make life easier. Each step is personal and easy to incorporate into daily living, made memorable through real-life stories and quotes the author has found helpful on her own journey to happiness. This inspiring collection is truly beneficial to readers young and old as they realize that "I'm Not Perfect and It's Okay".



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#### **Dorothy Bernstein:**

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#### **Kathleen Bonds:**

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their friends. Usually they accomplishing activity like watching television, going to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the reserve untitled I'm Not Perfect and It's Okay can be great book to read. May be it is usually best activity to you.

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