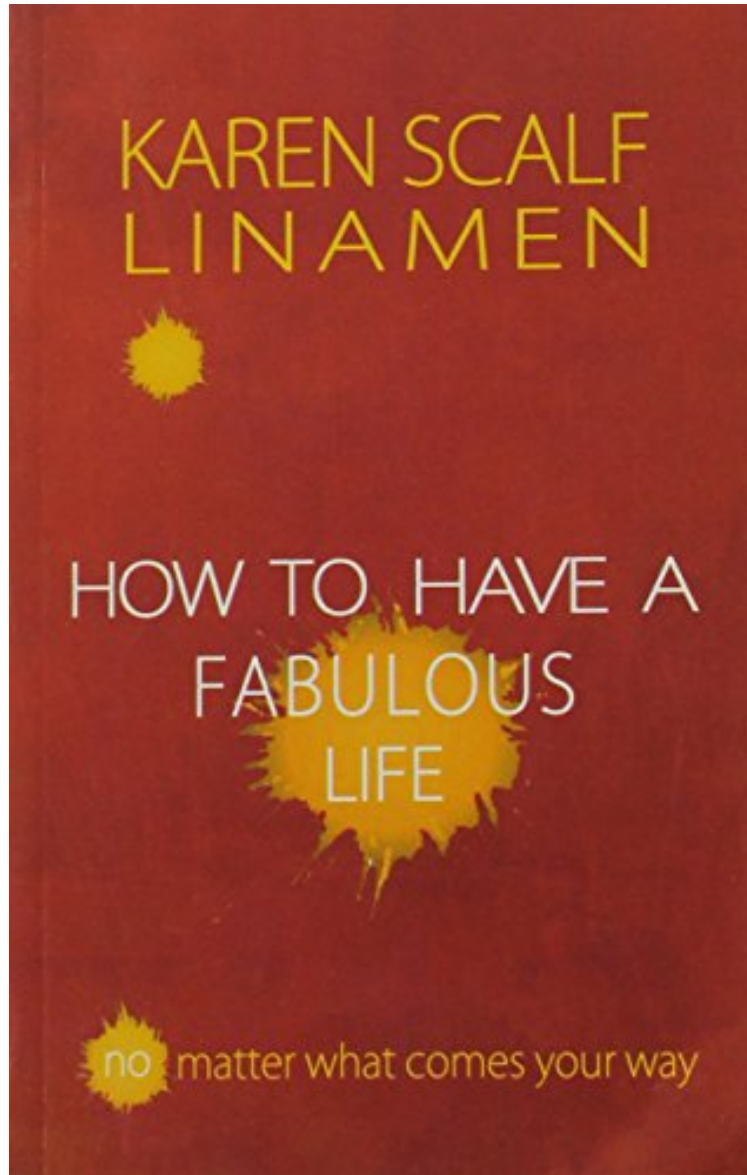


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How to Have a Fabulous Life: No Matter What Comes Your Way

Karen Scalf Linamen

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Everyone experiences those times when it seems like nothing is going right. How can we get back that inner peace we so desire? With her signature wit, Karen Scalf Linamen helps women put it all into perspective. She shows how to feel alive and vibrant despite our circumstances. With hilarious true stories and plain-sense practicality, this book is just what women need when life seems to be falling apart at the seams.

From the Back CoverWhen 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*.About the AuthorKaren Scalf Linamen is the author of several books, including *Just Hand Over the Chocolate* and *No One Will Get Hurt*. She lives in Colorado.