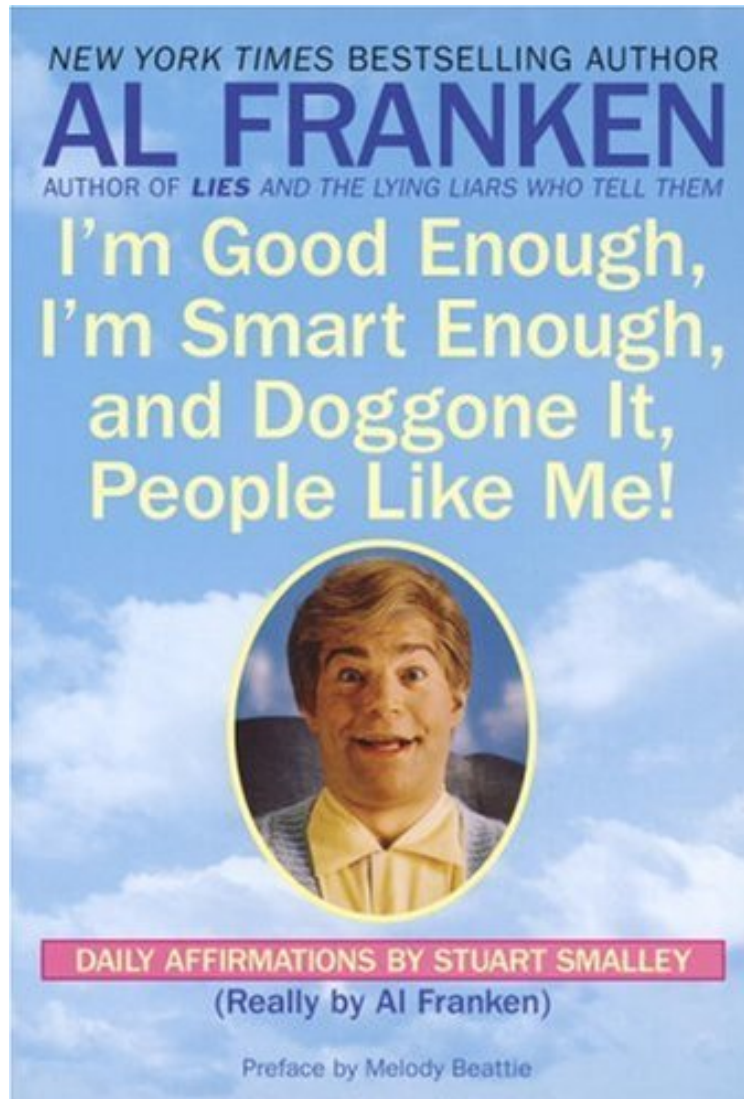


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## I'm Good Enough, I'm Smart Enough, and Doggone It, People Like Me!: Daily Affirmations By Stuart Smalley

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The ultimate meditation book, not to be grandiose...Take a hilarious, healing journey with Stuart Smalley as he careens down the road to Recovery. For one entire year Stuart recorded an affirmation a day...except when he had taken to his bed (but that's Okay)...and the result is the most entertaining and indispensable meditation book ever.From program wisdom (Denial Ain't Just a River in Egypt! December 1) to survival tips (When I Go Home to Visit My Family I Will Stay in a Motel! September 26) to some good sound practical advice (I am entitled to file for an Extension on my Income Taxes! April 15th), Stuart's affirmations will empower you!Work, Friendship, Love, Spirituality, Codependency, Self-Esteem, Acceptance...Stuart deals with it all. And as you share his ups and downs, his triumphs and shame spirals, you will come to see the ultimate truth of Stuart's March 21st affirmation: Today I Will Laugh--At Least Once!

From the PublisherThe ultimate meditation book, not to be grandiose...Take a hilarious, healing journey with Stuart Smalley as he careens down the road to Recovery. For one entire year Stuart recorded an affirmation a day...except when he had taken to his bed (but that's Okay)...and the result is the most entertaining and indispensable meditation book ever.From program wisdom (Denial Ain't Just a River in Egypt! December 1) to survival tips (When I Go Home to Visit My Family I Will Stay in a Motel!September 26) to some good sound practical advice (I am entitled to file for an Extension on my Income Taxes! April 15th), Stuart's affirmations will empower you!Work, Friendship, Love, Spirituality, Codependency, Self-Esteem,Acceptance...Stuart deals with it all. And as you share his ups and downs, his triumphs and shame spirals, you will come to see the ultimate truth of Stuart'sMarch 21st affirmation: Today I Will Laugh--At Least Once!From the Inside FlapThe ultimate meditation book, not to be grandiose... Take a hilarious, healing journey with Stuart Smalley as he careens down the road to Recovery. For one entire year Stuart recorded an affirmation a day...except when he had taken to his bed (but that's Okay)...and the result is the most entertaining and indispensable meditation book ever. From program wisdom (Denial Ain't Just a River in Egypt! December 1) to survival tips (When I Go Home to Visit My Family I Will Stay in a Motel! September 26) to some good sound practical advice (I am entitled to file for an Extension on my Income Taxes! April 15th), Stuart's affirmations will empower you! Work, Friendship, Love, Spirituality, Codependency, Self-Esteem, Acceptance...Stuart deals with it all. And as you share his ups and downs, his triumphs and shame spirals, you will come to see the ultimate truth of Stuart's March 21st affirmation: Today I Will Laugh--At Least Once!From AudioFileIf you're a serious person in search of self-knowledge, beware of this forty-five-minute self-help parody by Saturday Night Live's Al Franken. If, however, you're in search of a few laughs, relax and enjoy the guided visualizations of Franken's alter(ed) ego, Stuart Smalley. This comedy tape never breaks character, even as Stuart breaks up the listener and himself with his garbled psycho-babble and rotten self image. But, as Stuart would be the first to say (ad nauseum), that's "o-kay." For those who can laugh, or at least giggle, at their own foibles, this well-produced comedy is (A) okay. L.(H.)B. (c)AudioFile, Portland, Maine