

## **Be a Better You**

*Inte , Chiara Alfonso*

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Life is an adventure. In order to live it to the fullest, we must embrace the power of love, honour and respect. For ourselves, and the world around us. It doesn't require radical action or global outreach. It only requires a simple change in outlook, a new set of choices, and the willingness to empower ourselves to make a difference.

By awakening the power within ourselves, we learn how to affect positive change and make the world a better place. *Be a Better You* is a collection of stories, observations, poems and illustrations that explores the beauty of life and the simple pleasures of happy living. It encourages self-exploration that leads to self-improvement. And it offers a new perspective into the path to a brighter and better tomorrow.

## **Be a Better You Details**

Date : Published October 17th 2015 by Phoenix Rising High


ISBN : 9789082425406

Author : Inte , Chiara Alfonso

Format : Paperback 114 pages

Genre : Nonfiction

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## From Reader Review Be a Better You for online ebook

### Pam Mooney says

A wonderful, thought provoking book. I loved the stories and topics that, as intended, allowed me to relate to each topic. A book that will be easy for me to re-read to reinforce my favorite topics. Great size for a take a long to read wherever you are taking a break. Inspiring, beautifully illustrated, and a good read.

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### Pollyanna Takenaka says

I won this book in a Goodreads giveaway and it surprised me very positively. It's a lightweight, engaging book that helps you rethink important aspects of your life.

The book is well written and diagrammed, the font used allows an easy and comfortable reading, which makes reading much more enjoyable.

I liked the fact that important passages were put in bold throughout the text, making us pay more attention to the valuable lessons they try to teach us.

In addition, it has very beautiful illustrations that complement the reading perfectly. I certainly recommend it.

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### Laura says

I got this book from goodreads giveaway.

I'm not a big fan of self help books but this one is completely different from what I've read before. It's compelling, beautifully written and inspiring. Illustrations are beautiful and really adds to the whole experience.

Overall, I would recommend this book to anyone that is looking for something to help with being more positive and grateful.

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### Mary says

Kept my interest throughout

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### Jim George says

I loved this little book of thoughtful wisdom. Refreshing with its heartfelt honesty & simplicity.

### **Kaila says**

Little bite-sized bits of wisdom. I like the illustrations a lot.

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### **Nhan le says**

It's an interesting book that I have read so far. The writing style is enjoyable and easy to read. The illustrations come with the book is also good. I have not finished the book but I'm lucky to have it.

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### **Permittivité du Vide says**

Be a Better You is a collection of observations and stories, accompanied by beautiful illustrations.

While I appreciate the great thought and work that clearly went into this lovely book, I found there was nothing new for me personally to be learned here. (For example, tips like “stop. Think. Breathe” are not new to me.)

It's an enjoyable read, different from self help books that cover similar subjects; and it has some very beautiful illustrations throughout the book.

I received this book through Goodreads giveaway

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### **Pheakdey.Hanggmail.Com says**

I am a beginner. I would like to start reading a useful book to improve myself on the reading skill and get more life experience. Moreover, I had some problem with my brain. I want to read the book that make more encouragement to myself to become a strong people.

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### **Anne says**

I am a great fan of self help books and having received this book from Goodreads I was really pleased. However it was not the step by step improvement book I had been expecting and at first I was disappointed especially as I didn't really appreciate the drawings on every other page. (What a misery I sound) As I read on though I could almost feel the love that this father and daughter team had poured into this book and I came to recognise it for what it is. This is the ideal book to keep on the bedside table and dip into each morning or evening to encourage you to face the world with optimism, positivity and gratitude-perfect!

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### **Evelyn says**

I was very excited to receive this book through Goodreads Giveaways.

Be a Better You is an uplifting and thought provoking book filled with short stories with beautiful illustrations. I thoroughly enjoyed reading them and admiring the drawings that went with each story. They really made me think and gave me advice which will be very useful to becoming a better me. I'm very happy to have this book in my collection as it will give me many years of inspiration and wisdom. Thank you very much to the authors for this incredible gift!

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### **Susan says**

I thought that this book was very inspirational and that the writer was able to convey the positive message without any doubt at all. I have actually read this 3 times and each time something different is happening in my life and I have come away feeling better about myself as well as getting a new message each time. I cannot say that I have ever read a book like this one before. I certainly recommend it to anyone who feels the need to improve on themselves even just a little.

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### **Muhamaddy El yahya says**

I think this book will help me to understand my self better

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### **Abby Lewis says**

Goodreads Giveaway Win.

Not normally one for self help books personally. But I'm glad I entered and won- a brilliant little book!

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