



## Four-Word Self-Help: Simple Wisdom for Complex Lives

*Patti Digh*

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# Four-Word Self-Help: Simple Wisdom for Complex Lives

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**Four-Word Self-Help: Simple Wisdom for Complex Lives** Patti Digh

**Pithy, provocative, poignant advice on a variety of  
self-help topics—in four well-chosen words**

Is life really all that complicated? What if we could solve all our problems with just four simple words?

*Four-Word Self-Help* is a pithy nod to the fact that life is simpler than we try to make it. It shows how the truisms for most of our woes can be boiled down to four well-chosen words. Author Patti Digh (*Life is a Verb*) takes the issues of our busy, burdened days and proves that rather than “solving” a complexity with another complexity, the answer may well lie in simple actions.

Following an introduction reflecting on the power of words in self-improvement and self-discovery, Patti introduces twelve hot-button “issues”—each addressed by wise and witty four-word missives, 101 in total. Each concise nugget of advice has been interpreted in original art submitted by artists from around the world, making this book a visual feast for those who could, simply, use just a little bit of help and inspiration.

*be a surge protector  
eat less, move more  
use your own voice  
give up toxic people*



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#### **Gloria Taylor:**

Exactly why? Because this Four-Word Self-Help: Simple Wisdom for Complex Lives is an ordinary book that the inside of the publication waiting for you to snap that but latter it will jolt you with the secret it inside. Reading this book alongside it was fantastic author who all write the book in such remarkable way makes the content inside easier to understand, entertaining technique but still convey the meaning totally. So, it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of advantages than the other book get such as help improving your skill and your critical thinking way. So, still want to postpone having that book? If I were being you I will go to the reserve store hurriedly.

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