



Alphabet Soup For Grown-Ups

Anthony Meindl

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Do "inspirational" books often leave you feeling uninspired? Does your spiritual practice take a backseat to The Walking Dead? Do all the self-help books you binge on end up becoming shelf-help books that gather dust and never get their bindings cracked?

Alphabet Soup for Grown-Ups: 26 Ways to Not Worry (Really!), Be Happy (Truly!), and Get Over Yourself (Finally!) is a book that just might change your relationship with the most important person in your life: yourself. It's a down-to-earth, accessible, inspirational book, without all the new age mumbo jumbo; just 26 simple and hilarious ways for people to stop postponing happiness and live their dreams now. Acclaimed author Anthony Meindl picks up where his first book, At Left Brain Turn Right, leaves off and gives readers 26 fresh and practical life tools for everyday people covering the A to Z's of "B"-ing!

"It's a remarkably funny and wise little book."

- Jonah Lehrer, author of Imagine and How We Decide

Alphabet Soup For Grown-Ups Details

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Author : Anthony Meindl

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From Reader Review Alphabet Soup For Grown-Ups for online ebook

M'heeraw says

I love this book. This book is a great bedside or coffee table book. Whenever you have some time just pick up the book and pick up a letter. I found most of the advice sound and true, Especially C & F. I need to stop be afraid of commit and do what I want to do even though it might now be rewarding at that time. And say F it and care what I think and no one else. I defiantly would recommend it for people who liked chicken soup series.

Also, I won this book through good reads give away but it does not change the fact it was a good book and I am happy that I won it

Celeste says

This book is terribly funny, and so true. The pictures are hilarious. When you pick it up and look at it ,you are drawn to it.

I received the book from Goodreads First Reads and want to thank Goodreads and the author.

Cassandra says

This is a funny book and fun to read. It has some good observations and advice that every adult should know or realize at some time in their life even if they need a nudge or a book like this to come to that realization. I enjoyed it and laughed many times.

Tina Tipton says

I wasn't impressed with this book. It has a good heart and attempted to give good advice; sadly, some of the "lessons" seemed to be predicated on knowledge they assume the reader already knows. I sometimes felt someone had given background information earlier and I had somehow missed it. I hadn't; it just wasn't there.

Christa says

Very funny book. I actually read it twice. Full of very good advice and I recommend this book :)
