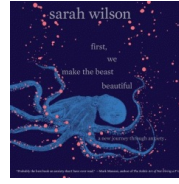


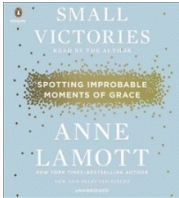
The light we carry

Michelle Obama.



First, we make the beast beautiful

Sarah Wilson.



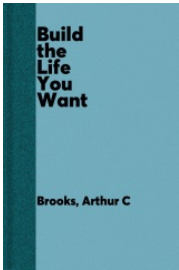
Small victories

Anne Lamott.



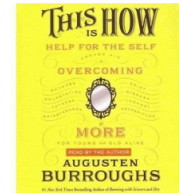
The courage to be disliked

Ichiro Kishimi, Fumitake Koga.



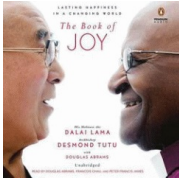
Build the life you want

Arthur C. Brooks, Oprah Winfrey.



This is how

Augusten Burroughs.



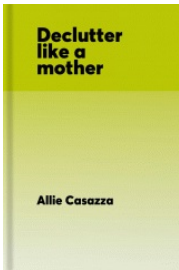
The book of joy

His Holiness the Dalai Lama and Archbishop Desmond Tutu, with Douglas Abrams.



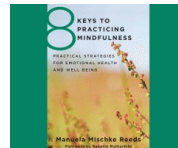
You can begin again

Joyce Meyer.



Declutter like a mother

Allie Casazza.



8 keys to practicing mindfulness

Manuela Mischke-Reeds.