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Trafford Publishing. Hardcover. Book Condition: New. Hardcover. 188 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. This is not a cookbook! You Can Do This! Cooking Up a Happier You for You and Yours is instead a self-help guide to happiness. This book is a sort of Self-Confidence 101, says author Jim Te Selle. When his life was at its lowest, he came up with a plan to get it back on track. In his own words: This is a product of...

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