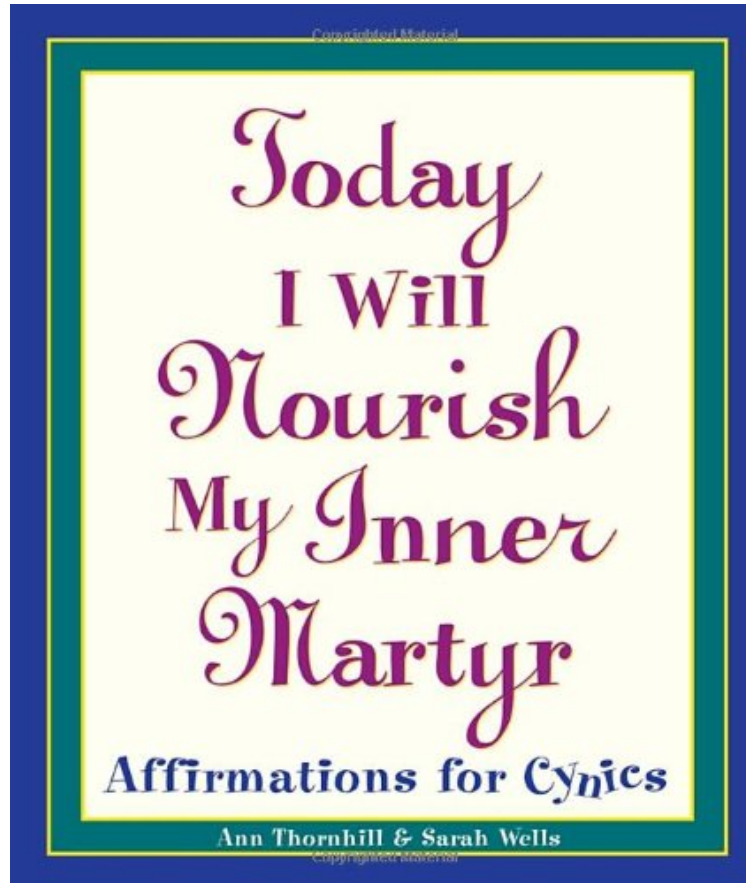


(Download) Today I Will Nourish My Inner Martyr: Affirmations for Cynics

Today I Will Nourish My Inner Martyr: Affirmations for Cynics

Sarah Wells, Ann Thornhill

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short simple sentences that provide immediate gratification. If someone visits my office in a bad mood I have them open the book to a random page to find their quote for the day. A favorite - "If I act incompetent, people will take care of me". I highly recommend this as a gift for anyone who has a sense of humor or needs one. It is clean humor -- sarcastic humor that most people can relate to on an average day. It is a great investment, I've had my copy for about 4 years and have bought over 10 copies for gifts.

Tonight, by moonlight, I will rake my leaves into my neighbor's yard. Had it up to here with sugary-sweet affirmation books that ignore the pleasures of resentment and mean-spiritedness? Tired of the self-helpaholics who've been sipping too much chicken soup? Then this book is for you. Here are 365 splendidly bitter daily meditations that will appeal to the cynic in you. Nowhere else will you find such odes to self-absorption as: ·Today I will equate material possessions with love. ·Today I will taunt others until they cry, then tell them they are too sensitive. ·Today I will make a new friend based solely on how he or she can further my career. ·Today I will respect my need to sabotage everyone else's success.

Tonight, by moonlight, I will rake my leaves into my neighbor's yard. From the Inside Flap
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Ann Thornhill and Sarah Wells consider themselves seasoned victims of the self-help craze. Friends since college, they live in Pittsburgh, where Ann is a freelance writer and Sarah is a practicing therapist.