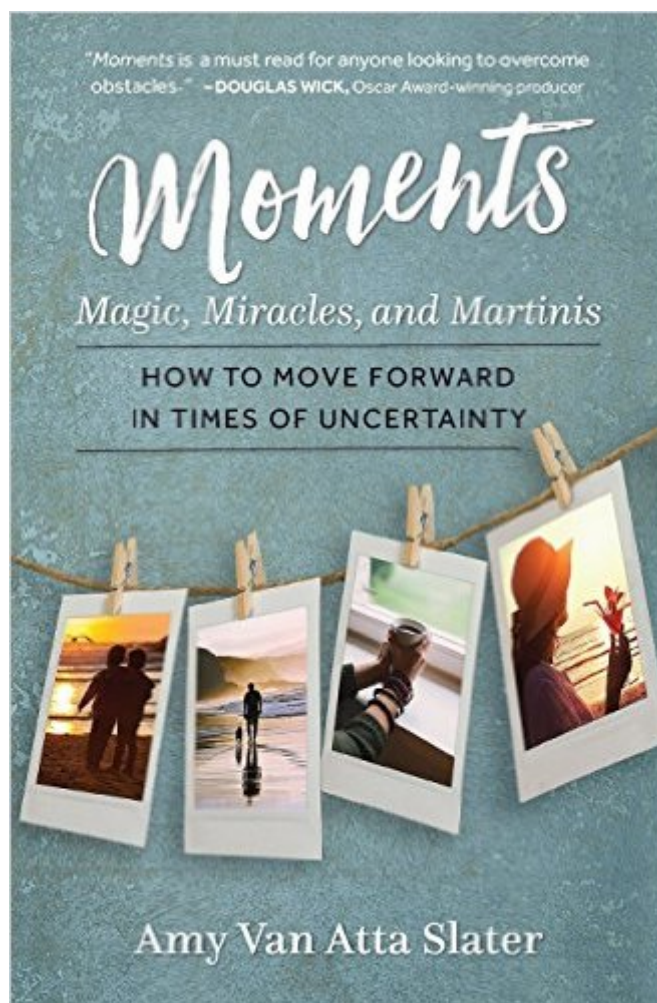


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# Moments: Magic, Miracles, And Martinis



## Synopsis

Moments is the story of an unexpected journey to self-awareness that culminated in a surprisingly positive outcome for author Amy Van Atta Slater. Through discovery of the magic of positive inspiration and transformation, Amy successfully navigated a series of personal challenges--including chronic IBS, divorce, and her father's diagnosis of Lewy Body Dementia. If you are unhappy, struggling through one challenge after another, and feeling disconnected from everyone, you are not alone. Regardless of the reason, unhappiness can permeate every area of life if left unchecked. So is it possible to shift perspectives and live a life of happiness and peace? Engaging and practical, Moments presents simple steps to take ownership of your happiness, health, love, and prosperity, towards a greater level of self awareness and success. Join Amy on a life-changing journey as she navigates the challenges of divorce, parenting, chronic Irritable Bowel Syndrome (IBS) and her father's diagnosis of Lewy Body Dementia towards wellness and a fulfilling life. Using this remarkable book as your road map, learn how to gain greater empowerment and change your life to have lasting happiness.

## Book Information

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Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (12 customer reviews)

Best Sellers Rank: #1,373,175 in Books (See Top 100 in Books) #51 in Â Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology #52 in Â Books > Business & Money > Business Culture > Work Life Balance

## Customer Reviews

I think we all need to be reminded to live in the moment and have immense gratitude. I enjoyed Amy's book as her touching personal stories can be easily relatable. There are lessons to be learned and practices to sharpened. This book allows you think a little deeper and look for the miracles.

Amy inspires readers by authentically sharing her personal story in a concise yet honest way. I highlighted a number of quotes throughout to remind me to always live in the moment and appreciate the beauty of life. This book emphasizes the importance of our self-journey. We have the power to make it our own. Personal setbacks can make us stronger. A quick and influential read. Highly recommend!

Incredibly insightful yet vulnerable as it reveals the most painful topics and challenges faced by the author. The sincerity of each of the table of disciplines can be used as motivation in many areas of my own life. Relatable and easy to read. Love it.

Having read hundreds of self-help and motivational books over the course of my life, I found Amy's personal account of her struggles and triumphs over a variety of life's challenges to be an excellent primer on how anyone can overcome their own obstacles in their lives. Amy's poignant telling of how she dealt with her father's confinement in a nursing home, is both a tribute to him and something many of us will go through as our parents age. Her love of her parents, her children, her friends and life itself shine through the darkest moments and give hope to anyone lucky enough to read this book.

Today, I read "Moments" in one sitting. I didn't want to put it down. I appreciate Amy's honesty and inspirational reminders. I wish more women would read "Moments", so they would stop striving for perfection and start appreciating life's precious moments. I'm going to share my book with my mom and my girlfriends! I look forward to reading "Moments 2.0" next year!!

A great read for any guy or gal. Amy's insight and perspective makes one "step back" and think about how they should appreciate what they have, what they had, and where they are going. I read it straight through and I look forward to reading her future work.

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