

IT'S OKAY NOT TO BE FABULOUS EVERY DAY

BY ALLY DALSIMER

BOOK BLURB

Weaving a dramatic yet light-hearted narrative punctuated by deeply moving personal stories, sayings, and observations, *It's Okay Not To Be Fabulous Every Day!* leads us on a journey to navigate change with an eye to identifying and achieving life goals.

ABOUT THE BOOK

In what critics have described as “A memoir of experiences with pithy prose,” Ally Dalsimer tackles the struggles of loss, motivation, and the journey we all can take to be the person we want to be. You’ll learn:

- How to keep moving forward no matter what you’re facing
- How to manage daily struggles with grace and resilience
- How to love yourself and stop the self-sabotage
- How to change your brain and heal your mind
- How to deal with stress and anxiety
- How to handle grief and loss
- How to be more positive
- How to be okay alone

Tapping into wide-ranging wisdom from Thomas Edison to Yoda, from Martin Luther King, Jr. to Led Zeppelin, Ally will inspire you with insights for handling adversity and trauma with strength and wisdom. As she explains, “It’s okay if our paths are not linear—taking small steps or a few side steps is better than sliding backwards.”


If you want to travel a path towards self-love and being the person you were meant to be, this book is for you!

- **Topics:** Stress Management, Self-Esteem, Love & Loss, Dealing with Life Changes



4.9 STARS ON AMAZON

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 allydalsimer.com

2024 Red Ribbon Winner

|The Wishing Shelf Book Awards

BOOK ESSENTIALS

- Genre: Self Help Motivation
- Two Hour Self-Help Short Read
- Guided Quotes for Reflection
- Honest Advice Without the Fluff

ALLY'S NEWSLETTER

Join the thousands who have already signed up for Ally's twice monthly newsletter filled with useful resources and practical tips.

FIND 'FABULOUS' TODAY

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IGNITE YOUR MOTIVATION -> FOSTER YOUR POSITIVITY -> MAXIMIZE YOUR POTENTIAL.