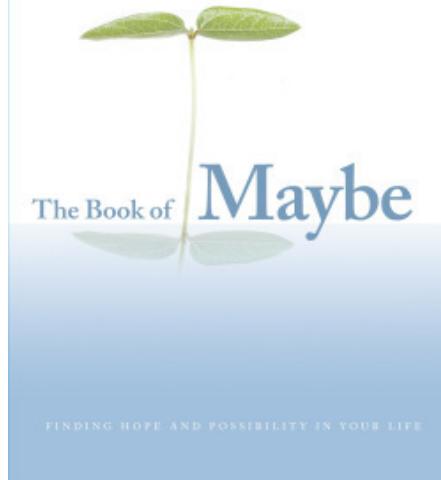


Allison Carmen



## **The Book of Maybe: Finding Hope and Possibility in Your Life**

*Allison Carmen*

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# **The Book of Maybe: Finding Hope and Possibility in Your Life**

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## **The Book of Maybe: Finding Hope and Possibility in Your Life** Allison Carmen

Would you like to create more joy, hope, and possibility in your life?

The Book of Maybe will teach you a life philosophy that has already helped thousands to do just that. Through simple stories that combine a variety of wisdom traditions and “A-ha moments” from Allison Carmen’s own experience and practice, The Book of Maybe opens a simple path to liberation from the stress and pain you experience when you worry about all that is uncertain in life. Whether you have anxiety about your relationships, your work, or the future of the world itself, this book gives you the tools, not only to persevere through life’s uncertainties, but also to fulfill your dreams and lead a life of creativity, success, joy and peace. It is just one change in perspective, but Maybe changes everything!

## **The Book of Maybe: Finding Hope and Possibility in Your Life Details**

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Author : Allison Carmen

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Genre : Self Help, Nonfiction



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## **From Reader Review The Book of Maybe: Finding Hope and Possibility in Your Life for online ebook**

### **Nik says**

In summary, this book is just a different/longer way of saying, "All things work together for good..."

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### **Fern says**

I always had a tendency for negative thinking. this book has given me a way to let it go and find more hope and possibility in my life.

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### **Lisa Jones says**

I have sat at my computer for a few days now, trying to think of a more tactful way of presenting my thoughts about "The Book of Maybe," but I cannot fluff up my opinions: This is a self-help book for non-Christians. You could replace all of the unnecessarily-capitalized "Maybes" in this book with "Jesus Christ" and have a standard, run-of-the-mill Christian self-help book. These types of books are sometimes helpful to those who are trying to maintain the help received during actual therapy, but, in my opinion, not really worth the money. Fortunately, I downloaded this book for free.

"The Book of Maybe: Finding Hope and Possibility in Your Life" By Allison Carmen is divided into twelve parts with approximately six chapters each. In each part, Carmen copies one of those inspiring stories that my mom forwards me in e-mails about a wise Cherokee elder or Asian monk or white grandfather, relates a successful story about a client or friend she helped through her vaguely cognitive-behavior therapy approach, and preaches about the Philosophy of Maybe. Sometimes there is new content, but she is mostly repeating things she has already said in different words.

Don't think that I am saying there is anything wrong with a non-Christian self-help book. I realize that non-Christians need help; my non-Christian husband needs a lot of help. But I was increasingly annoyed by the attitude the writer took that her "Philosophy of Maybe" was new or inventive. It's not. It was preached two thousand years ago and probably earlier than that. If she had said that she wanted to take the "Bearded Man in the Sky That Controls Everything" out of the practical "Even the Flowers Have Clothes" philosophy of Jesus Christ, then I would have respected her, and this book, a lot more.

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### **Anna says**

I did enjoy some of the stories that the author shared to convey her message. Her message is about looking towards the positive in our life by always viewing events as maybe having a positive outcome.

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**Velvetink says**

kindle cloud ed. 12/6/13

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