



523 Ways to Be Awesome

Kathryn Thompson

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Have you ever wanted to write a symphony, explore the galaxy, or save a life? With 523 Ways to Be Awesome, you will learn how you are already doing those and other amazing things . . . a bit . . . and how you can do them a bit more, one Drop of Awesome at a time. For example, you may not achieve world peace, but you can: Choose to forgive. Let someone merge in front of you. Listen when you really want to talk.

Based on the viral blog post that inspired Drops of Awesome: The You re-More-Awesome-Than-You-Think Journal (2014), this book is for anyone who listens to the negative voice inside her head, telling her she s not good enough and that her best efforts are insufficient. Author and blogger Kathryn Thompson returns with her signature wit and wisdom intact to help readers keep tally of the small victories that mean everything in life and discover their inner AWESOME."

523 Ways to Be Awesome Details

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Author : Kathryn Thompson

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From Reader Review 523 Ways to Be Awesome for online ebook

Jill says

****I received a free copy of this review in exchange for my honest opinion****

And then I bought my own copy because I wanted to mark it up. :)

This book is a delightful journal/reminder of all the many ways there are for a person to excel in seemingly small ways in life. When inundated with news and social media of the day touting the exploits of the famous and adventurous, it's easy for a regular Jane, Joe, or me to feel as if my everyday contributions aren't much. I take care of my family, help my neighbors, clean the house, pick up my friend's children once in a while, watch Netflix documentaries or mermaid shows with my children. Is all of this anything noteworthy? Is it awesome? Kathryn Thompson says yes. And I agree.

She notes, "I don't actually want to be an explorer. What I want is to be more observant, to be closer with nature and other living things, and to experience the joy of discovering something new and sharing it with others." She begins by celebrating ways she is doing those things in her life already and ways that everyone can notice they are too, or suggesting small ways they can begin to get those experiences. I may not leave my home and traverse the Appalachian Trail but I do take walks and hikes with my children - "Drop of Awesome!" I point out the varying cloud formations as we drive - "Drop of Awesome!"

If you're feeling crummy about where your life is taking you or perhaps a little overwhelmed with all you want to do and are doing already, this book is a dose of positivity. A checklist and journal in one of ways to acknowledge the good you're doing and small ways to work toward a more positive loop of self-talk.

Megan says

I literally think Kathryn Thompson is one of the most inspiring people on the internet--and now she is inspiring in book form, too! I loved 523 Ways to be Awesome. I love Kathryn's emphasis on celebrating who you are RIGHT NOW and giving yourself credit for all the awesome things you do! I love that I feel better about myself and life in general every time I read something she rights--and 523 Ways to Be Awesome is no exception to that! I'm excited to work more through the book and find not only the ways I am being awesome but even more ways I can work on to be even more awesome.

NaDell says

Fantastic book that helps each of us recognize and rejoice in the good things we are already doing and stretch ourselves to do a little more awesome things! Great writing and wonderful ideas.

Kasey Tross says

This is just a sparkling jewel of a book. Reading it is like talking with your best friend, who gives you advice and builds you up and also cracks a few hilariously corny jokes along the way. It's impossible to read this book and not go away feeling better about yourself. I want to put a copy of it in every room of my house so when I'm having a less-than-awesome moment I can just pick it up and be instantly inspired. LOVED IT!

Kristi says

This book was a great morale booster. Thompson does a great job opening your eyes to see what you do every day that is worth something. Even though we aren't all saving the world in miraculous ways and changing thousands of lives, we can each do something to improve the world. And I like to hear that because I often feel stretched to capacity and not sure how I could add any more. She presents this book in a list style that makes it a quick read and easy to grab bits that speak to you personally. We can do small things to bless others and better ourselves and make the world a better place. And that is awesome.
