

THE MILLS & BOON®
MODERN GIRLS GUIDE TO

Helping Yourself

Amber

Ada Adverse

Personalised
Edition

THE MILLS & BOON
MODERN GIRL'S GUIDE TO

Helping Yourself



Amber

Have a lovely Birthday!
Lots of love Sally & Steve x



This novel is entirely a work of fiction. The names, characters and incidents portrayed in it are the work of the author's imagination. Any resemblance to actual persons, living or dead, events or localities is entirely coincidental.

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Funny, feisty and feminist:
The Mills & Boon Modern Girl's Survival Guides.

I ntroduction

Another sunrise, another day spent pondering your own internal weather, with overcast skies, monsoons and metaphorical wheelie bins merrily blowing down the streets of your mind. Life is hard - terrible love interests, woeful work colleagues, no Wi-Fi when you need it. And that's before you get to your own deep-seated character flaws.

Other hippy-happy self-help books will encourage you to 'turn that frown upside down', which is all well and good if you're a slightly sad sunbeam who has temporarily lost sight of the rainbow, but more tricky if you're stuck in a blizzard of procrastination, with a halibone for a heart. You need something more cyclonic to pitch you out of the fog of self-doubt. Thankfully, help is at hand in this invaluable guide to self-improvement.

Don't despair: the barometer may be set to far from fair, but there are any number of solutions to the inescapable problem of You.

Small steps make for big changes and once you've upgraded your expectations, learnt to love your inner child, embarked on an extensive, intensive course of crystal therapy, mindfulness, past life regression, yoga, detoxing and Fyggie, you can turn into the person you've always dreamed of being. Or at least learn to stop slouching quite so much.





Affirmations

You are the architect of your own life

You are valuable, like a jewel or a set
of Beanie Babies

You are a divine river of compassion

Except for when it comes to Jean, you
don't have compassion for Jean

Not after she 'forgot' to invite
you to her baby shower

You are graceful like a swan or an expensive horse





Blogging

Reasons My Lifestyle Blog Is Significantly Less
Popular Than Gwyneth Paltrow's 'Goop':

My lack of celebrity

My near-daily inability to remember my login details

My solution to every life problem being
'Eat a Massive Bowl of Doughnuts'





YOU DON'T HAVE TO DO THIS

When You take
the

**NU-
SYSTEM
MEMORY COURSE**



Brain Training

Thanks to the Nu-System Memory Course, Amber can now remember every single social faux-pas she has ever committed with crystal-clear, fist-biting clarity.



End of Sample.