



Enough, Dammit: A Cynic's Guide to Finally Getting What You Want out of Life

Karen Salmansohn

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In *HOW TO BE HAPPY, DAMMIT* best-selling author Karen Salmansohn showed even the sourest cynic how to lighten up and take those first baby steps on the road to spiritual happiness. In *ENOUGH, DAMMIT* she goes one step further and challenges you to stop your self-sabotaging bad behavior—and start making your dreams come true. Yes, in 44 simple life lessons you can learn how to swap negative daily patterns that lead to unhappy life circumstances for positive daily patterns that will lead you to the good life. With a barefaced, tough-love attitude and bright, kinetic graphics, this irreverent self-help guide gives you the kick in the butt you need to dump fear, pain, worry, and regret, and pursue your Dream Quest. So, what are you waiting for? Quit your whining and say *ENOUGH, DAMMIT!* It's time for you to finally make all your dreams come true.

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