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Life is a Verb is a beautiful book, full of inspirational quotes, quirky art and several personal stories by the author. The premise of Patti Digh was formed by a person she knew who was diagnosed with cancer and passed away 37 days

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"Life is a Verb is brilliantly-crafted, raw,

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gorgeously-designed, and daringly different from 'self-help' books. It relates, through stories that sparkle and astonish and soar, how to move, to be on your way, to realize who you really are through your actions.

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“It was about more fully inhabiting the life I have, not creating a new one.” — Patti Digh, Life Is a Verb: 37 Days to

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**Life Is a Verb: 37 Days To Wake Up,
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Life is a verb : 37 days to wake up, be mindful, and live intentionally. [Patti Digh; Amazon.com (Firm)] -- In October 2003, Patti Digh's stepfather was diagnosed with lung cancer. He died 37

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days later.

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Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally (Globe Pequot Press, 2008) About the book: In October 2003, Patti Digh's stepfather was diagnosed with lung cancer. He died

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37 days later. The timeframe made an
impression on her.

Life is a Verb - Patti Digh's Strong Offer

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mindful, and live intentionally. [Patti
Digh] -- The author provides thirty-seven
life stories that describe how to live life

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with no regrets, including being more generous, loving more, choosing who to spend time with, and slowing down.

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Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally (Globe Pequot Press, 2008) One of five finalists

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for the prestigious “Books for a Better Life Award” and nominated as Book of the Year by the Southern Independent Booksellers Association, 2008. In October 2003, Patti Digh’s stepfather was diagnosed with lung cancer.

Award-winning books by Patti Digh to help you live & work ...

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Interview with Patti Digh, author of Life is a Verb, by ...

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