



Things I Want My Daughters to Know

Alexandra Stoddard

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Thus Alexandra Stoddard introduces this book of simple, profound truths for joyful living. Stoddard, a mother, grandmother, and noted author on personal fulfillment, offers new ways to nurture ourselves, celebrate life's joys, and grow through its challenges. By turns wise ("Give anonymously"), controversial ("Unplug technology with no apologies"), affirming ("Tell yourself you have done nothing wrong"), and humorous ("When you discover something you love, stock up"), these are insights from a woman who has truly lived and learned—and found happiness along the way.

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