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## The Journal of Mortifying Moments: A Novel

By Harding, Robyn

Hardcover. Book Condition: New. Ships From Canada. New in new dust jacket. Glued binding. Paper over boards. With dust jacket. 308 p. Audience: General/trade. From Publishers Weekly: ""It was my therapist's idea the journal of mortifying moments. "" Thus begins Kerry Spence's revisitation of all the most miserable episodes in her life in an effort to overhaul her self-defeating dating habits. It's not just her love life that's a problem: her career in advertising is going nowhere, and her friends are making choices she cannot begin to comprehend. Just in case the journal doesn't do the trick, she visits Ramona the psychic, who helps her to ""read what our intuition already knows, "" and consults Dr. Rainbow Hashawarma's book You Get What You Give. Primed with plenty of advice, she decides to break the unhealthy hook-up cycle with her hot semiboyfriend Sam, take up yoga and volunteer somewhere meaningful. The latter goal brings the ""high-to medium-risk teen"" Tiffany into her life. Kerry begins to gain perspect.



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