

FINDING MY *BADASS SELF*

~ A YEAR OF ~
TRUTHS AND DARES



SHERY STANFA-STANLEY

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Finding My Badass Self: A Year of Truths and Dares



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For midlifers, fatigued parents, and anyone who may be discontent with their life and looking to shake points up, try new factors, or just get away, Finding My Badass Self is evidence it' While selecting her courage in probably the most unlikely of circumstances, Sherry ultimately finds herself. Her exploits range between visiting a nude seaside with her seventy-five-year-old mom in tow to going on a raid with a vice squad and SWAT group to crashing a marriage (where she unintentionally catches the bouquet).Fighting midlife inertia, Sherry Stanfa-Stanley stares down a year of fear through The 52/52 Project: a yr of weekly new experiences made to push her far outside her safe place.s never too late to reinvent yourself?and that the very best bucket list of all could be an unbucket list.



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Some adventures were successful and she enjoyed them. According to her web page, she's a "writer, humorist and squeamish adventurer". Sherry is divorced mother of two 20-somethings sons and in her mid-50s. A few years back when she was 52, she decided to push herself beyond her comfort area and begin the 52/52 Project .. You go girlfriend! Snort funny! This publication is the compilation of these encounters. When Sherry Stanfa-Stanley switched 52, she undertook a personal challenge to do 52 things, one weekly, that pushed the boundaries of her safe place. Such an awesome writer and person.. A brilliantly written one? others she was happy she did but could not do again . Great go through.! and there were just a couple where she said no way. It was amusing and conversational. I've generally wanted to be a runner but I've under no circumstances been one. Runners make it look so easy! Some of them may seem low-important, like consuming vegan for seven complete days... I have no idea if I'll ever be able to run (walking briskly is not any problem, though). I've already done some of the points which was a fresh experience for me. It had been interesting to learn her experiences performing a float and high ropes training course ... Brilliantly Written.We enjoyed this book and found it a fun go through. Sherry is usually my age and I could relate to her, though I believe anyone any age group could. I liked the writing style.I gave her props for doing the 5km marathon. I bet Sherry will be a fun and friendly person to hang out with. Sent a duplicate to an Aussie friend and can't await him to read it! If you simply mentally wandered previous "being stuck" but don't know how to physically get unstuck ; This may jump-start you to really do it, in true to life! But just how many of you'll normally do this? She leaps into amazing "what ifs", and lands flawlessly astride of "why nots." Following Sherry's epic journey is like buying a ticket into bravery, with an insightful and frequently funny map. The detours of her outrageous "project" don't derail, instead delight. I love the tales.! Inspiring. I really like floats and I'm with her re the high ropes course. Want a fun read? Well done Sherry!. After that Finding My Badass Personal is just the publication for you.The items she did included hanging out at a nude beach (with her mom nearby), internet dating, hot air ballooning, going to the airport and jumping on the first flight flying domestically, babysitting quadruplets, unplugging from electronics, likely to the grocery store in her pajamas, auditioning for Survivor and more. I've been trying to do a 5km system (I have an app on my telephone) because the spring and it's HARD .Sherry issues herself to overcome fears, and pursue incredible feats. Others, like exfoliating a rhino who got an erection along the way? Great fun.Though each chapter can stand on its own, their salting of humor is addictive. Sherry's present for poking fun at herself produced the publication sound like she's my next-door neighbor, and I didn't want her to keep. I can't await her next quantity, whatever it is. IMO, in today's world, we need to spend more time laughing to fend off despair. And a funny one at that! A wonderful read Love love adored this charming book. So well written. My raves have nothing whatsoever regarding the actual fact that I was a lucky participant at the Stranger dinner party. I laughed out loud several times. Knowing the writer so well only increases my enjoyment. I will be seeing her Monday night time at a book club conference and I am so tempted showing up in pajamas and curlers in my hair. Looking towards the sequel from the queen of double entendres.. Fun! Fun and Uplifting Just what a fun read - it is light-hearted, a little sarcasm, but mostly, it's a reminder that no matter your age or everything you have done before - that you can do new things. I hardly ever read books another time, but this one, I definitely will! Real life bravery and the casual stumble you hope no one saw. What a fun book! The author goes on a tour of her "un-bucket" list. I am having a blast, right along side her. Witty, fun and personable. Thoroughly enjoyable! I appreciated the author's love of life and sassiness in conjunction with her ability

to tone of voice the anxious internal monologue so most of us share. It helped that I've actually been to or been through some of the same experiences. Loving this up to now! Thanks a lot for the fun read! Such an awesome writer and person You need to read this reserve! I've never laughed so very much. Sherry makes you wonder what you have already been doing all your life. I have already been reading her blog for years and she had produced me laugh and had me in tears. Some adventures were successful and she enjoyed them . Entertaining and Laughs Galore Sherry did an excellent work tackling her fears by making them a project she had to to complete. Somethings you may have always have wished to do but did not have the "guts" to do!! She leaps into amazing "what ifs" If you have ever wondered how more fulfilled your life could be, but don't know how to do it, this reserve is for you! I've dreamt to be a badass I came across myself visualizing every single escapade as if I was the main one pressing envelope and We was thorouugly entertained! I've recommended this publication to so a lot of women (and guys), I am starting to believe I may have been the author! You can dream, right? Oh, to be such a badass! Acquiring My Badass Self can help you perform that, and it may inspire you to uncover a little bit of badass in yourself. for a calendar year she would take action she'd by no means done before each week (so for a complete of 52 new adventures). An inspiring one? It was all the feels?? Great go through! Who doesn't want to provide a rhinoceros an erection? I see them quite funny and in some cases inspiring. I have met the author and I can say she is just as funny in person. :) funny therefore real... Emb I'm getting into midlife and facing the empty nest! Loved the adventures and preparing my very own. Love ya Sherry! ?? Fun, fun, and funny! I love scanning this as not merely does it make me laugh, it creates me feel young, and that it's never too past due to accomplish things that you may be afraid of. That's wild.



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