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## Dare to Be an Optimist

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Author: Catherine Testa

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Learn how to live life on the bright side!

Move, Give, Smile, Thank, Slow, Create, Meditate, Project, Love, these are some of the 10 keys that will help you reenchant your daily life.

With the addition of practical examples and positive mantras, this simple yet life-changing book by entrepreneur and coach Caroline Testa is a breath of pure joy.

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Sales in France: 15,000 copies