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113 Reasons to Be Hopeful

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The journey of 14-year-old Noé, a major eco-anxiety sufferer, from utter paralysis to serenity and action.

Noé can't stop thinking about the catastrophic state the planet's in. He just can't help it. His best friend Rachel has a brilliant idea to help him feel better: keep a journal filled with only good news. No more long lists of what's wrong, it's time for positivity! Now, Noé must fill his journal with reasons to hope. And there are many more than expected!
