

How to Rock Your Life: Maintain the Magic of Live Music in Your Everyday Experience (Paperback)



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HOW TO ROCK YOUR LIFE: MAINTAIN THE MAGIC OF LIVE MUSIC IN YOUR EVERYDAY EXPERIENCE (PAPERBACK)

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Balboa Press, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How to Rock Your Life is the book the author wished existed when she was suffering from a chronic case of post-show blues. Beating them with a rainstick, a hacky-sack, and a big boatload of intentional life changes, she knew she had to share what she learned. If you're a live music fanatic, you'll go anywhere the music is playing for just one more taste of the good stuff. Is it possible to bring that live music magic home with you? It is, and Taraleigh Weathers will show you the way. Filled with entertaining, laugh-out-loud, inspiring, and vulnerable stories, been-there-done-that advice, playful exercises, and many references to Phish and the Grateful Dead, How to Rock Your Life will guide you to maintain the live music magic in your everyday experience. Just like you do when your favorite band is performing, Taraleigh will show you how you can channel the wildest expression of your authentic self on a daily basis, feel those unique music festival feels at home, and find the magic in even the most mundane and uncomfortable of situations. She'll prove to you that it is indeed possible to surrender to the flow of the present moment before, during, and after the show. If you don't read this book, there'll be a curse placed upon you. From now until eternity, the person next to you at the show will never stop talking from the time the band plays the first note until the last. Just kidding. The truth is that if you're seated next to Loose Lips Lucy, after reading this book, you'll have the tools to deal with that situation with ease and grace. Read...



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