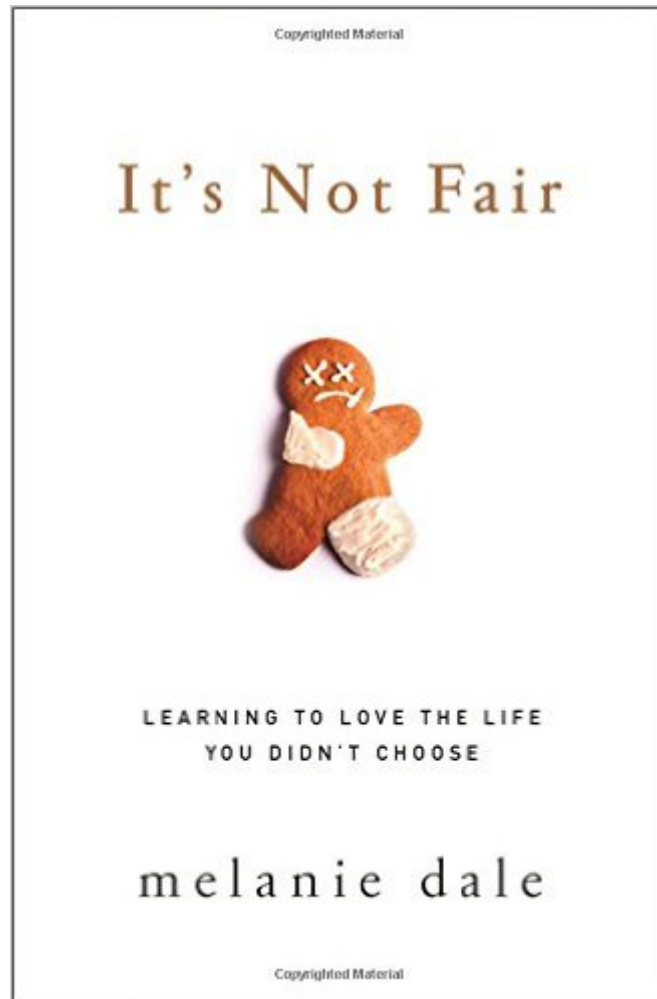


The book was found

# It's Not Fair: Learning To Love The Life You Didn't Choose



## Synopsis

Hey, you. Are you debating whether to destroy something with your bare hands or curl up on the couch for a decade or two? This book will solve all of your problems. (Sheesh, that's aiming a bit high.) This book is a cup of hot coffee, a ginormous bar of chocolate, or the magical fairy that comes over and does your dishes while you lie in the fetal position clutching a fluffy pillow. Sometimes when life falls apart the only acceptable response is hysterical laughter. When things get so far gone, so spectacularly a world away from any plans you made or dreams you dreamed, you feel it bubbling up inside of you and you scream, "It's not fair!" And it isn't. Fair is an illusion, and life is weird. This book will help you laugh at life's absurd backhands. This book is an empathetic groan of our collective unfairnesses. You might want to throw it across the room, and you might want to hug it like your new best friend. This book is about us sitting down together in our shared mess, taking a deep breath, gripping hands, looking the hard stuff in its beady little eyeballs, and bahahahaaing at it. Life's not fair, but we can learn to love this life we didn't choose.

## Book Information

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## Customer Reviews

I've been privileged to settle into It's Not Fair over the past few weeks. While our stories are radically different in detail, the author and I share the inevitable reality that life has not been fair to us. And if we stopped there, the book would be nothing more than a reminder that some seasons of life just blow and we are not alone in our angst. Melanie Dale is authentic; she shares her journey through infertility and adoption with candor. She said herself that she can't solve your stuff, so if you're looking for a self-help book, move along |nothing to see here. But if you are looking for

someone to sit next to you in your stuff" • (or if you want to learn how to be a BOSS at sitting next to someone in their stuff) this is a must read. Have you ever wanted to help but didn't know how? There is an entire section titled "100 Things You Can Do to Help" • but while you are at it, be sure to check out "Things You Should Say If You Want a Good Face Punch" • Let's face it, we've all been there. Are you wallowing in the middle of something unimaginable right now? You will want to speed read over to the chapter on coping mechanisms but take your time because there is some really good stuff before you get there, some validation and empathy and I bet you could use that right about now. I have a list of favorite quotes. I laughed and I cried; I folded corners on pages so I wouldn't lose them and I highlighted with fury. I drew smiley faces and sad faces and mad faces and I might have created some emojis of my very own. I felt validated and understood. Did you hear that? Validated. Understood. Seriously. Life. Changing. I loved all of it, including the rudimentary stick figure drawings and the chapter of recipes, because, well, food.

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