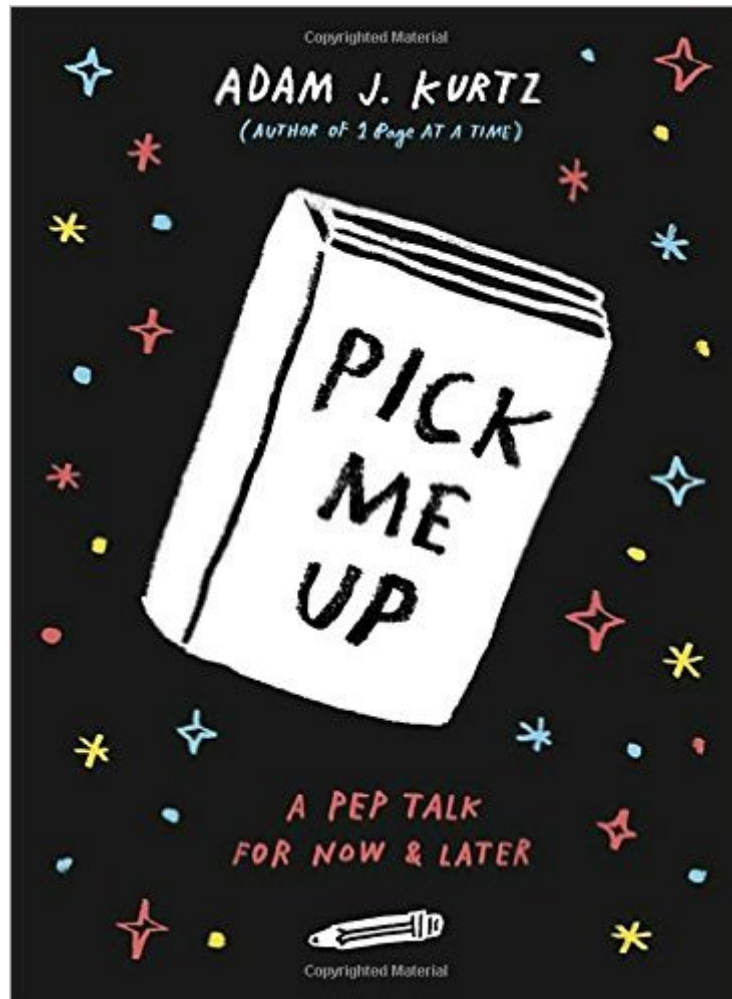


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# Pick Me Up: A Pep Talk For Now And Later



## Synopsis

On the heels of his internationally successful first book, *1 Page at a Time*, artist and author Adam J. Kurtz delivers another intimate and engaging journal. This weird and wonderful book offers perspective, hope, and perhaps the best advice of all--your own. (Plus a bit of existential humor because why not.) This is not a journal you fill out in order. Flip to a random page and leave your mark. When you land on the same page days or weeks later, add a little more. Watch yourself change and grow with each visit as you record and reflect on the fleeting but amazing moments of everyday life.

## Book Information

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