



# How You Do Anything Is How You Do Everything: A Workbook

*Cheri Huber , June Shiver (Illustrator)*

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**How You Do Anything Is How You Do Everything: A Workbook** Cheri Huber , June Shiver (Illustrator)

This self-discovery workbook contains 16 short essays interspersed with writing and drawing exercises on numerous topics, including money, body image, relationships, and career.

## How You Do Anything Is How You Do Everything: A Workbook Details

Date : Published June 1st 1988 by Keep It Simple Books (first published January 1st 1988)

ISBN : 9780963625557

Author : Cheri Huber , June Shiver (Illustrator)

Format : Paperback 176 pages

Genre : Psychology, Counselling, Self Help, Nonfiction, Buddhism, Zen

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**Susan says**

Fun.

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**charlotte Phillips says**

this book asks tough questions, but you can't answer them wrong. I am incredibly excited about it, and incredibly scared of it all at once. I'm really happy that Erica recommended it.

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**Joanna says**

A simple, creative, fun book of self-expression and discovery. The most fun is looking back after you've finished parts of it! Takes a little time but it's enjoyable, eye-opening and all about you! Great gift or present to yourself. Take a bubble bath, sit down with some hot chocolate and enjoy being a kid again.

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**Caroline says**

This is a fabulous and illuminating workbook. The author is a buddhist teacher. It took me about 10 weeks to complete all of the assignments. I came to understand my ego better, and to recognize the patterns that lead me astray.

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