

For Thea, Toby, Isaac and Summer x

SIMON & SCHUSTER

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This book is about your heart.

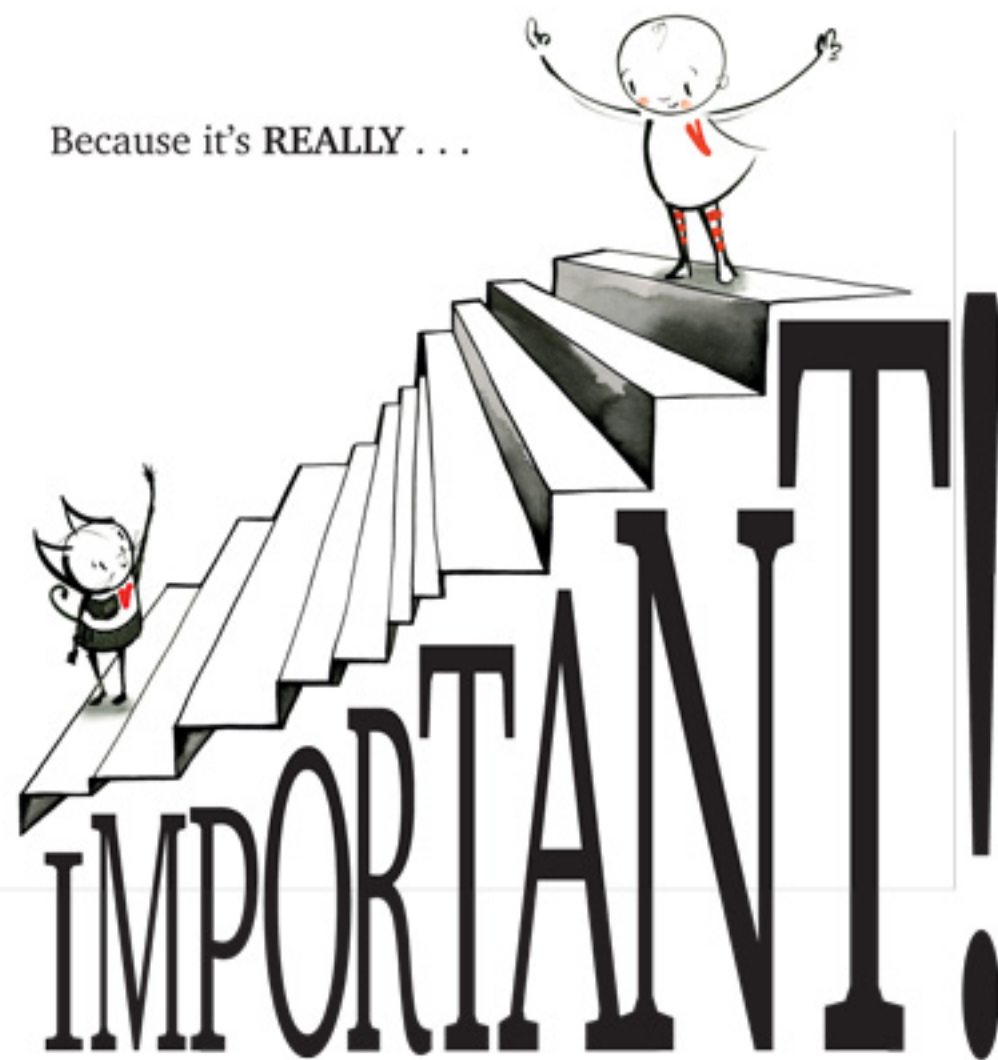


The little bit inside of you that makes you, you!

Will you listen *really* carefully?



Because it's **REALLY** . . .



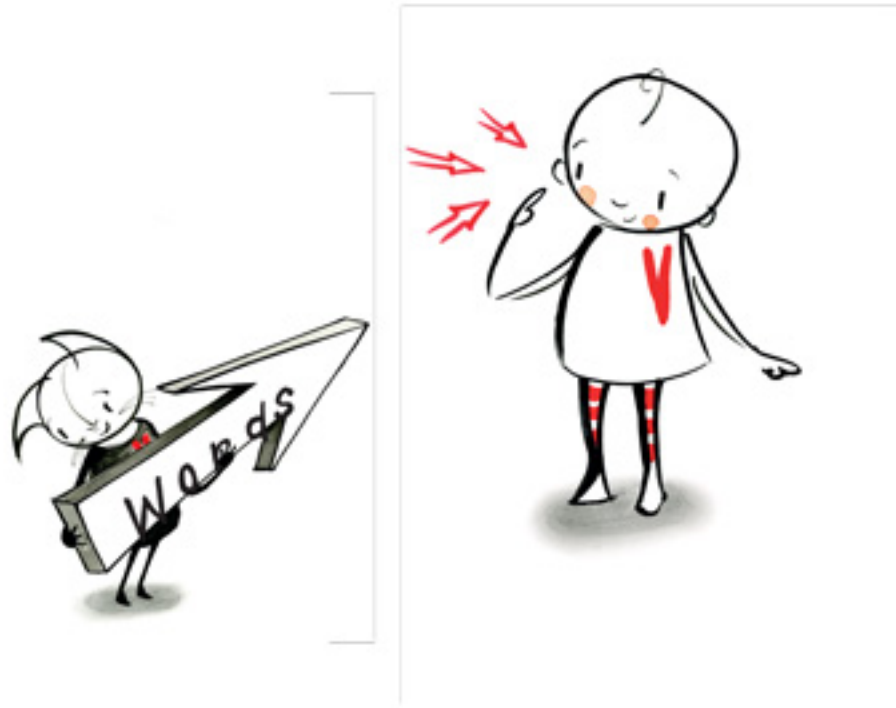


And it might help you
be a happier you,



and the people around you,
be a happier them!

You see, the **WORDS** that go into your ears . . .



. . . can actually affect your heart!



The little bit inside of you that makes you, you!

