



Time Alive: Celebrate Your Life Every Day

Alexandra Stoddard

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In seven sections representing essential domains of life—Time, Home, Style, Enthusiasm, Caring, Purpose, and Spirit—Alexandra Stoddard shows us how to celebrate every moment of life. This treasury of brief essays is chock-full of the wise ideas, personal anecdotes, and practical strategies that have inspired millions of her readers and audiences to live more beautifully and meaningfully every day. She helps readers form their own personal philosophy for living as well as discover specific, small actions that build tranquil time into the most hectic day, add lightness and energy when needed most, elevate a passing moment into a vivid memory. She encourages readers to "take stock, and rethink everything. We need to make the connection between how we spend our time and how well we live our lives."

With each essay offering a memorable mindset for living, Alexandra's observations are searching ("What is your deepest desire?"), surprising ("Lower your standards"), encouraging ("You have 8,766 hours a year to act wisely"), and whimsical ("You've gotta have a look") and are certain to spur readers to new levels of insight and joy.

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