



## Loving My Actual Life: An Experiment in Relishing What's Right in Front of Me

By Alexandra Kuykendall



### Loving My Actual Life: An Experiment in Relishing What's Right in Front of Me By Alexandra Kuykendall

#### Feel Satisfied with Who and Where You Are

In a world of comparison and discontent, it can feel impossible to be happy with life as we know it. Other people seem to have it all together, to be finding success, to be having more fun. But we weren't meant for a life characterized by dissatisfaction.

In this entertaining and relatable book, Alexandra Kuykendall chronicles her nine-month experiment to rekindle her love of her ordinary "actual" life. After wiping her calendar as clean as a mother of four can, Kuykendall focuses on one aspect of her life each month, searching for ways to more fully enjoy her current season. By intentionally adding one thing each month that will make her jump for joy, she provides a practical challenge women can easily replicate. With humor, poignancy, and plenty of personal stories, Kuykendall weaves together spiritual themes and practical application into a holy self-awareness, showing women how a few small changes in their routines can improve their enjoyment of this crazy-busy life.

#### Endorsement

"If you ever get the chance to read anything written by Alexandra Kuykendall, take it. She is a gentle, trustworthy storyteller who lives the words she writes about."--**Emily P. Freeman**, author of *Simply Tuesday*

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