



# Life Is Short, Wear Your Party Pants

*Loretta LaRoche*

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## Life Is Short, Wear Your Party Pants Loretta LaRoche

**Loretta La Roche** has helped millions of people find ways to lighten up and overcome stress. Now, in *Life Is Short—Wear Your Party Pants*, she gives you the tools you need to not only *reduce* feelings of tension, but also to bring joy, passion, and gusto into your life. Her techniques are a brilliant blend of old-world common sense and the most contemporary research in brain chemistry, psychology, and mind-body studies. Loretta gives you dozens of proven techniques for recognizing the ten simple truths that will lead you to an intense, happy, successful life: *resilience, living in the moment, optimism, acceptance, humor, creativity, moderation, responsibility, meaning, and connection.*

Loretta's wisdom evolved from her own life—one filled with the demands of being a single mother of three; of starting her own business when she was broke; and of the wacky invasiveness of her Italian family. She's like all of us: real, flawed, stressed out, and on edge. Her magic comes from an ability to not take herself too seriously, and to always shift her focus *away* from the self-destructive and *toward* the truly important things in life.

In her work, Loretta has seen tens of thousands of people who live their lives as if they're sitting in a waiting room, hoping that their turn comes up next. This book will show you that life is not something to be *endured*, but is something to be truly appreciated. We need to remember how to access our inner abundance, which allows us to be heart-centered, joy-filled human beings.

As Loretta says: "*Yesterday is history, tomorrow is a mystery, and today is a gift—that's why they call it the present.*"

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