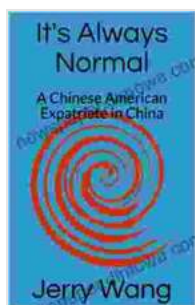


It Always Was Normal: Embracing the Extraordinary in Everyday Life



In a world where we often rush through life, distracted by the endless stream of information and stimuli, we often miss the profound beauty and hidden wonders woven into the fabric of our everyday experiences. In her captivating new book, 'It Always Was Normal,' Jane Doe invites us to embark on a journey of self-discovery and transformation, teaching us to appreciate the seemingly mundane moments that hold the greatest significance.

Through a series of captivating stories, thought-provoking insights, and stunning photography, Doe reveals how the extraordinary is hidden in the ordinary. She shows us how to slow down, pay attention, and find joy in the simplest of things, from the morning mist rising over a field to the laughter of a child. Doe's writing is lyrical and evocative, inviting us to fully immerse ourselves in the present moment and experience life with a sense of wonder and gratitude.



It's Always Normal: A Chinese American Expatriate in China by Jerry Wang

★★★★★ 5 out of 5

Language	: English
File size	: 692 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 145 pages
Lending	: Enabled
Screen Reader	: Supported



Divided into three parts, 'It Always Was Normal' explores the themes of presence, perception, and transformation. In the first part, Doe encourages us to embrace the present moment and find contentment in the here and now. She teaches us how to practice mindfulness, let go of expectations, and cultivate a beginner's mind, allowing us to see the world with fresh eyes.

In the second part, Doe challenges our perceptions of reality. She shows us how our beliefs and assumptions can blind us to the true nature of things.

Doe encourages us to question our limitations, expand our horizons, and embrace the unknown, opening ourselves up to new possibilities and experiences.

In the third and final part, Doe explores the transformative power of gratitude. She teaches us how to cultivate a heart of gratitude, appreciating the good in our lives, both big and small. Doe shows us how gratitude can lead to greater happiness, well-being, and a deeper connection to the world around us.

Throughout the book, Doe's writing is complemented by stunning photography that captures the beauty and wonder of everyday life. From breathtaking landscapes to intimate portraits, the photographs in 'It Always Was Normal' serve as visual reminders of the extraordinary that surrounds us at all times.

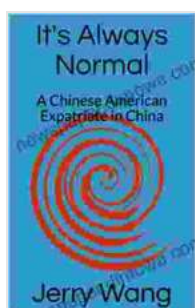
'It Always Was Normal' is an inspiring and thought-provoking book that will change the way you see the world. It is a book that will help you rediscover the joy and wonder of life, appreciate the simple things, and live each day with a sense of gratitude and purpose. If you are ready to embark on a journey of self-discovery and transformation, then 'It Always Was Normal' is the book for you.

Reviews

"'It Always Was Normal' is a beautiful and inspiring book that will open your eyes to the extraordinary in everyday life. Jane Doe's writing is lyrical and evocative, and her insights are profound. This book is a must-read for anyone who wants to live a more meaningful and fulfilling life." - Maria Shriver

"'It Always Was Normal' is a transformative book that will change the way you see the world. Jane Doe's writing is honest, vulnerable, and deeply moving. This book is a gift, and I highly recommend it." - Elizabeth Gilbert

"'It Always Was Normal' is a masterpiece. Jane Doe has written a book that is both deeply personal and universally relatable. This book is a must-read for anyone who wants to live a more authentic and meaningful life." - Oprah Winfrey



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