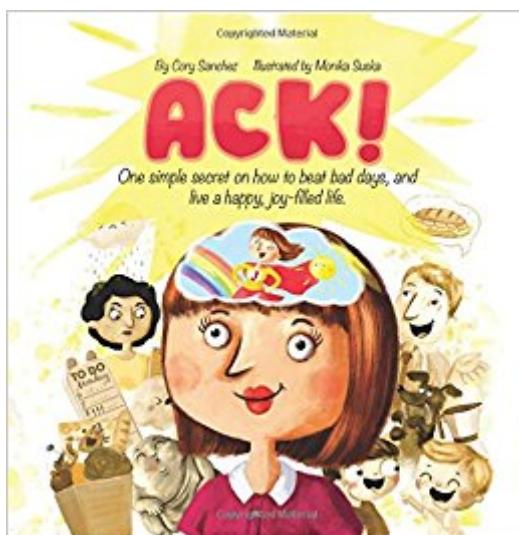


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# ACK!: One Simple Secret On How To Beat Bad Days, And Live A Happy, Joy-filled Life



## Synopsis

Tired of feeling "blah", tired, or worn out throughout your day? Desire a life with less worry, fear, and overwhelm? Dream of finally having an end to pesky, "grumpy day" feelings and emotions? There's a "little known" secret to finding happiness in today's "on the go" existence. In ACK!, the author guides us through an Â¢â ¬Å"easy to follow" journey to living a more fun, engaging, and joy-filled life. If you're looking for the ultimate shortcut on how to turn bad days into good days, then this is the perfect roadmap to unlocking untapped energy, connection, and love.

## Book Information

Paperback: 40 pages

Publisher: CreateSpace Independent Publishing Platform (July 27, 2017)

Language: English

ISBN-10: 1973992795

ISBN-13: 978-1973992790

Product Dimensions: 8.2 x 0.1 x 8.2 inches

Shipping Weight: 4.5 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 69 customer reviews

Best Sellers Rank: #704,853 in Books (See Top 100 in Books) #32 in Â Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology #1646 in Â Books > Health, Fitness & Dieting > Mental Health > Emotions #1857 in Â Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology

## Customer Reviews

About the Author Cory Sanchez is an entrepreneur, investor, world traveler and breakfast burrito aficionado. A big believer in Â¢â ¬Å"living a life you loveÂ¢â ¬Â•, he hopes that this book can somehow make an impact on even a few people that go out there and change the world.

[instagram.com/ackthebook](https://www.instagram.com/ackthebook) About the Illustrator Monika is a full time childrenÂ¢â ¬â„¢s book illustrator and part time traveler. She loves dim sum, ALL the animals, vintage Jamaican music and her husband Tytus. [instagram.com/monika.suska](https://www.instagram.com/monika.suska)

Such a cute way to get an important message. The words are few but the feelings are many!! I often let me feelings get the best of me - actually I was having a tough week. Reading ACK! I felt better instantly!

just finished reading ACK by Cory Michael Sanchez. It is well illustrated, fun to read and a lot is packed into 34 pages. It will put a smile on your face and help you solve one of life's biggest challenges. Dealing with the voice inside your head. Get your copy today.

Awesome book with a great message

Ack! The Book Review-I come from a background in behavioral health, working with a wide range of diagnoses over the past 10 years. I was very impressed with how simply and clearly many challenging concepts were presented. This book does an excellent job of teaching mindfulness and emotional regulation. It can apply to a wide variety of cultures and backgrounds. I'm excited to get my hands on some hard copies to go over with our adult clients. While the book was intended for adults it could easily be applied with children in teaching the above lessons, but also how to better relate to their parents and some of the day to day challenges they may face. The art work is vibrant and captivating. Honestly, skip the 1000 page self help book that you have to take 7 follow-up classes to fully understand. Ack! gets the trick done in less than 10 minutes and you'll walk away feeling refreshed and empowered.

A simple, fun book, well written and laid out. It's a light, quick read, with a lifetime of practice of creating your day. I love the way of making the 'voice' your friend, and enrolling it in the day You want, not it's default downer. I'd go so far as to say, read This book to your young kids at night. An adult level book that applies to all ages.

ACK! may look like a children's book, but in fact it's for adults! I love the concept. I love that it's short and has cute illustrations. And I LOVE that it's all about training that negative voice in your head to be positive so you can have more happy days!! It's quick and fun - what's not to love! I also think this would make the perfect gift for someone that is having a bad day or maybe even just in a slump! You can guarantee that I'll be re-reading this adorable book over and over again.

This fun book addresses a major issue in most people's lives....that little voice inside your mind. A quick and fun read with adorable and colorful illustrations, this book is sure to make anyone feel encouraged and positive. The book examines how to understand your thoughts and control them to be the best you that you can be.

It is a path towards positive feelings! Text and illustrations are so simple and colourful that make you happy immediately. As a woman, the fact that a husband dedicates a book to his wife, is really satisfying. Because we are wonder woman, and we can really change the world! So thank you Cory for the support you are indirectly giving to every single woman all over the world. And thank you Jessie to have inspired him for this enlightening book! From now on I'll master the little voice in my head and try to turn it positive!

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