

THE LITTLE FROG'S GUIDE TO LIFE



MAYBELL EEQUAY

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GUIDE TO
LIFE

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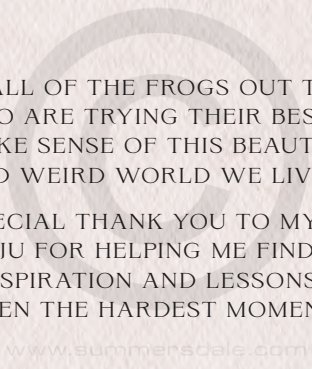
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TO ALL OF THE FROGS OUT THERE
WHO ARE TRYING THEIR BEST TO
MAKE SENSE OF THIS BEAUTIFUL
AND WEIRD WORLD WE LIVE IN.

A SPECIAL THANK YOU TO MY MOM
AND JUJU FOR HELPING ME FIND MAGIC,
INSPIRATION AND LESSONS IN
EVEN THE HARDEST MOMENTS.

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SOME LEVEL OF NURTURING,
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WHEN YOU ARE TRYING TO WORK
ON YOURSELF OR MAKE IMPROVEMENTS
IN YOUR LIFE, IT'S IMPORTANT TO TAKE
IT SLOW AND TO BE PATIENT. BY SLOWLY
INCORPORATING ONE OR TWO NEW THINGS
INTO YOUR LIFE AT A TIME, YOU ARE
MORE LIKELY TO STICK WITH THEM
THAN IF YOU TRY TO CHANGE
SEVERAL THINGS ALL AT ONCE.



