



# Put One Foot in Front of the Other

*Mary J. Shafer*

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## **Put One Foot in Front of the Other** Mary J. Shafer

Put One Foot in Front of the Other is a series of short humorous essays based on the authors experience. It focuses on inspiring oneself to move on when life is problematic. It is a quick read for woman of all ages. For those who read When In Doubt...Inspirational Ideas to Lift you up and Dust You Off, also by Mary Shafer it is written in a similar style.

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