

# Keep It Simple And Sane: Freeing Yourself From Addictive Thinking By Barb Rogers

By Barb Rogers

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Barb Rogers' book begins with the tragic death Barb learned most of her life She's the author of Keep It Simple & Sane: Freeing Yourself from Addictive

<http://www.barnesandnoble.com/w/if-i-die-before-i-wake-barb-rogers/1112400717?ean=9781609251079>

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<http://sanespaces.com/2012/07/tip-tues-the-kiss-principle/>

### **September 2010 Walk The Talk Newsletter -**

If you, too, are ready to free yourself from addictive thinking, Excerpted from Keep It Simple & Sane by Barb Rogers: Tips for Keeping it Simple and Sane.

<http://blog.walkthetalk.com/2010/09/>

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