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## What a time to be alone book

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To be alone is not something to be ashamed of, but rather a liberating experience. In her book "What A Time To Be Alone", The Stumflower guides readers on how to self-reflect and build confidence in themselves. By using three main themes - focusing on oneself, avoiding negativity from others, and cultivating healthy relationships - the author shows individuals that they have the power to shape their own destiny. With a mix of humor, wisdom, and personal stories, "What A Time To Be Alone" is an empowering read for young women seeking self-discovery and empowerment. The book's message is not only conveyed through Chidera's words but also reflected in her original artwork, which adds a unique touch to the narrative. By taking control of their own lives and well-being, readers can navigate the complexities of the modern world with confidence. What a Time to Be Alone by Chidera Eggerue is more like a gentle reminder of things you probably already know, but may need hearing again. It's about being your own best friend, having healthy relationships, and recognizing toxic situations. The book's tone is sweet and uplifting, with colorful pages and Igbo proverbs adding to its charm. However, some readers found it lacking in substance and depth, making it more suitable for teenage girls and women in their twenties who might appreciate a gentle, affirming read. The author found this book's language to be simple and not engaging. The Igbo proverbs were the most interesting part of the book. The reviewer believes that some people may find this book inspiring, but it felt like just a collection of Pinterest motivational quotes to them. They appreciated the book's message about self-love and protection from toxic relationships, which resonated with their personal experiences. However, they were disappointed by the lack of clarity in the narrative and the book's failure to provide a deeper understanding of the author's background. Some parts of the book, such as the Igbo proverbs, felt random and lacked sufficient explanation. The reviewer concluded that the book was mediocre and didn't live up to its promise, giving it 3 out of 5 stars. The book is a heartwarming and uplifting collection of quotes, proverbs, and artwork that can be deeply felt and absorbed. It's perfect for a relaxing night in, especially on Fridays, and serves as a reminder that sometimes we just need to focus on ourselves. While it may not be the most profound or emotionally mature read, its simplicity and cleverness make it a great pick-me-up. The Igbo proverbs add an extra layer of depth, but overall, this book is a must-have for anyone looking for a feel-good read. I recently re-read this book and still found it perfect. It's definitely a self-help book that will resonate with those who enjoy inspirational quotes and artwork. The author's words are simple yet effective in helping us to focus on positive change. However, others may find the book too simplistic or lacking in depth. For example, some readers felt that it was overly focused on individual responsibility rather than promoting healthy communication and relationships. Additionally, some found the book's message to be somewhat toxic when it comes to cutting people out of one's life. Despite these criticisms, this book is a great choice for those who enjoy inspirational content, especially during lockdowns. Its artwork and quotes make it a visually appealing read that can provide comfort and motivation. Wir haben dieses Jahr wieder viel Zeit daheim. Das erste, was mir an diesem Buch aufgefallen ist, sind die bunten Seiten. Das Cover ist total bunt und auch drinnen geht es weiter: Jede Seite ist anders gestaltet. Manche Seiten sind ganz schwarz, es gibt Seiten voll Hashtags, verschiedene Schriftgrößen werden verwendet, manche Buchstaben sind bunt, es gibt Zeichnungen und jede Seite ist ein kleines Kunstwerk. Auf meinen Seiten steht nur ein einzelner Satz, andere haben fast schon eine "normale" Menge an Text. Mir hat sich dieses Thema noch nie zuvor vorgekommen. Ich habe mich mit nigerianischen Redewendungen und Sprichwörtern beschäftigt? Nein, ich nicht. In diesem Buch stellt die Autorin aber den ein oder anderen schönen Spruch vor, auf Nigerianisch und Englisch. Einige davon fand ich inspirierend, andere ganz nett, bei manchen hatte ich aber leider keine Ahnung, was genau mir dieser Spruch jetzt eigentlich sagen soll. Ich schätze, dass da einfach die kulturellen und sprachlichen Unterschiede eine Rolle spielen. Vielleicht finde ich ja irgendwann die Zeit, um die genaue Bedeutung nachzuschlagen. Dieses Buch ist sicher kein Buch, das man von Anfang bis Ende einfach durchliest. Besser ist es meiner Meinung nach, immer wieder einfach mal eine Seite aufzuschlagen und auch nur diese Seite zu lesen. Inhaltlich gefielen mir die Texte sehr gut. Die meisten von uns sind wertvolle Menschen (ausschließen möchte ich hier Menschen mit gewissen politischen Einstellungen und Menschen, die unnützen Hass verbreiten) und unser Wert ist nicht von unseren Leistungen oder von den Menschen abhängig, mit denen wir uns umgeben. Dieses Buch erinnert uns an diese Tatsache. Mein Fazit? Ein sehr schön gestaltetes Buch darüber, warum wir jetzt schon gut genug sind. This book is visually appealing, yet its design sometimes fails to translate well to Kindle and makes highlighting difficult. The author's use of Igbo proverbs adds a unique touch, but some readers found the connections tenuous. While brief, the book presents both helpful and potentially harmful advice. A reader with experience in trauma and self-compassion noted the lack of exploration on these topics, including the oversimplification of boundaries and the problematic message about lowering expectations for others. The reviewer concludes that this book is not suitable for early stages of self-discovery, as it may reinforce negative lessons. However, another reviewer found the book's unique blend of words and art to be inspiring, likening its mini-essays to pep talks from a close friend or loved one.