I'm Good Enough, I'm Smart Enough, and Doggone It, People Like Me!

Al Franken

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You're going to take a healing journey, and it's going to be great! Unless it's a disaster....

From Stuart Smalley come guided visualizations that will take you to a safe and healing place...except for a few wrong turns along the way. (Stuart made a solemn vow not to edit anything he recorded because he is a perfectionist - that's his problem, but he's owning the problem, and that's okay - and he realized that if he started editing the audio he would never finish it.)

So even if some of the parts aren't exactly what Stuart wanted (because human beings aren't perfect, and that's okay), sit back and take a journey down the River of Life and into the Dysfunctional Forest - a dark and scary place where you'll meet Grandiose Bear, Overcommitted Opossum, Sex-aholic Squirrel, and a beautiful little child - a child who looks a lot like...you. Plus, you'll hear Stuart's calming visualizations for such stressful times as traffic jams and holidays. So close your eyes. Relax. You're in good hands. Stuart Smalley is a caring nurturer, a member of several 12-step programs, but not a licensed therapist.

Al Franken wants everyone to know that he really created Stuart and played him on *Saturday Night Live*, and that he wrote and performed this program.

Warning: Do not close eyes while driving a motor vehicle.

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