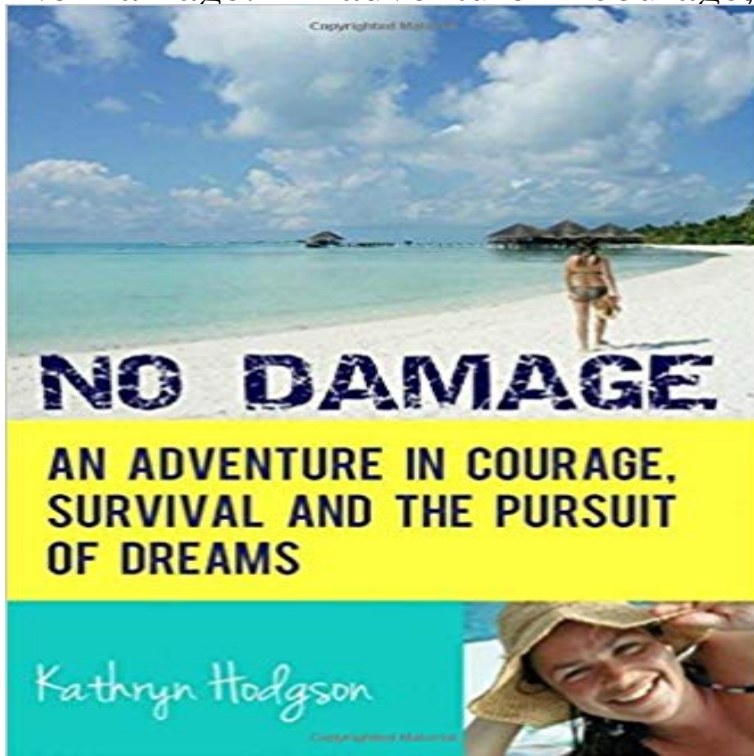


No Damage: An adventure in courage, survival and the pursuit of dreams



Downright inspirational. Proof that you really do have the tools to change your own life. I have never been so moved by a book before...You are on an emotional journey with her, crying at the saddest parts, laughing out loud at the hilarious parts and by the end feeling absolutely inspired and motivated! No Damage is an inspiring and uplifting look at one woman's journey to survive two runaway grooms whilst coping with cancer, the loss of her career and more. Kathryn's optimistic tale of hope, adventure travel and an unexpected stint in a South African prison explores how, as a single 30-something woman with just one suitcase and a head full of emotional baggage, she conquered her fears to pursue her passions. This memoir is both a hilarious true story of the power of positive thinking and a self-help guide to overcoming loss, following your heart and creating the life you want.

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