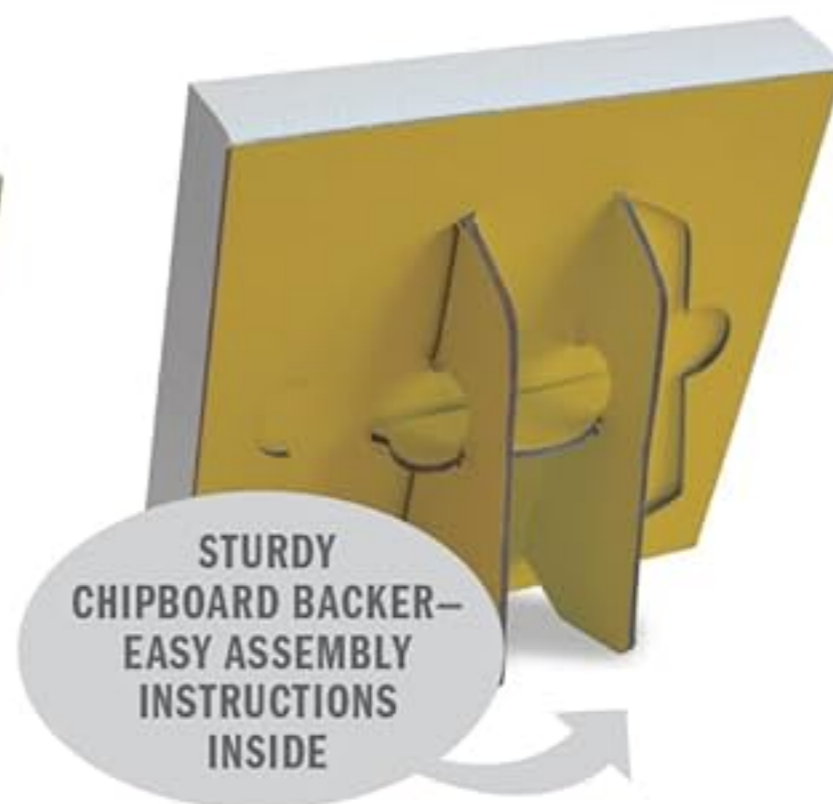
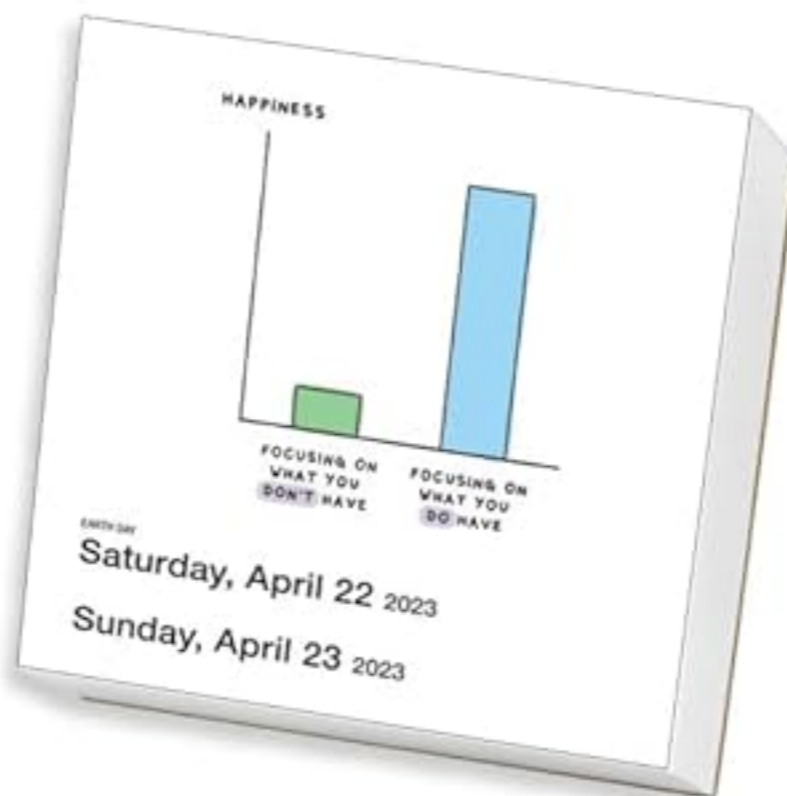


# ALL FEELS WELCOME

From the team behind the bestselling book *No Hard Feelings* and the hugely popular @lizandmollie Instagram account, here's a year of wittily illustrated advice and insights on navigating emotions at work and in life. Each day's hand-drawn vignette is eminently relatable for anyone who's found themselves stressing over emails while on vacation or overthinking a small mistake, real or imagined. Win at Meeting Bingo with: "Female interrupted," "Someone forgets to mute," and "Meeting should have been an email." The 5 Stages of Procrastination (#5: Last-minute panic). And the percentage of your worst days you've made it through, illustrated as a pie chart (100%).



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Cover and title page illustrations by Liz Fosslien

Printed in Thailand

\$16.99 US / \$22.99 CAN.

ISBN 978-1-5235-1770-1



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