



Never Not A Lovely Moon

By Caroline McHugh



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"Who are you?" said the Caterpillar.

"I, I hardly know, sir, just at present. At least I know who I was when I got up this morning, but I think I must have been changed several times since then."

Alice's Adventures in Wonderland - Lewis Carroll

How many times has someone offered you that wonderfully insightful piece of advice to 'just be yourself'? Like it hadn't crossed your mind already?

Here is a wee book with a big idea that you should be nobody but yourself offering inspiration and direction for everybody who wants to be more specifically somebody.

At a time when we're looking for a more honest approach to everything from food to music to politics, Never Not a Lovely Moon offers not a path to being yourself, but being yourself as the path.

In her two decades of being a student and teacher of IDOLOGY, Caroline has worked all over the world with thousands of individuals, from celebrated artists to Fortune 500 CEOs to schoolchildren in India, using her unique perspective to shine a light on theirs.

This just might be the operating manual you should have been born with.



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