



25 Lessons: What We Learned from Oprah

Nancy Mehagian, Judith A. Proffer

Download now

[Click here](#) if your download doesn't start automatically

25 Lessons: What We Learned from Oprah

Nancy Mehagian, Judith A. Proffer

25 Lessons: What We Learned from Oprah Nancy Mehagian, Judith A. Proffer

She would age without whining. (Most of the time). She would read until her eyes were blurry. She would love fiercely, laugh ferociously, and let tears fly unabashedly. She would go to nature to heal. And travel with Gayle to let loose. And she would say good-bye with grit and humor and without regret. *25 Lessons: What We Learned from Oprah* is an intimate and often lighthearted look at how some of the teachings of *The Oprah Winfrey Show* influenced the personal lives and career paths of the authors, Southern California friends who, like Oprah, love their dogs, their close friends, a good book, Mother Nature, “aha” moments, and reeeeeaaaallly good food.

Nancy Mehagian is a teacher, healer, epicurean, and writer (*Supernatural Kids Cookbook, Siren’s Feast: An Edible Odyssey*). Judith A. Proffer is a former newspaper publisher (*LA Weekly, Sun Community Newspapers*), entrepreneur (Magpie Gourmet Mini Pies), and writer. As unlikely as it is that a dirt-poor girl from Mississippi would become buddies with the booty-shaking star of *Saturday Night Fever* are the odds of these two friends ever meeting up. Nancy was a spirited hippie who would open the first vegetarian restaurant on the island of Ibiza, hanging out with the likes of Joni Mitchell and Taj Mahal. Judith was raised in Michigan with corn-fed sensibilities and big-city dreams, longing to meet Walter Cronkite (she did) and own her own newspaper (she did that, too). Along the way, they each got a little lost, they each got a little found, and they happened upon an adventurous and everlasting friendship in each other. And it was Nancy, a frequent *Oprah* viewer, who encouraged Judith, a decided non-viewer, to watch the pull-out-all-the-stops emotional, engaging, enlightening, and entertaining twenty-fifth and final season.

Inspired by the lightning-paced illumination they have each embraced and tried their best (sometimes successfully, sometimes not) to emulate over the years, this book was birthed to offer simple and practical lessons that can offer readers the keys to make changes in their own lives. From the searing reality of the importance of forgiveness (essential, but painful and rarely easy) to the creation of a vision board (fun, fun, fun), *25 Lessons* delivers tales of compassion, courage, and evolution. Not to mention the smack in the face of instant karma. Oprah taught the world to live, love, and laugh. With *25 Lessons*, Mehagian and Proffer share practical tools for living out loud, loving ourselves, and laughing with the whole of our hearts.

 [Download 25 Lessons: What We Learned from Oprah ...pdf](#)

 [Read Online 25 Lessons: What We Learned from Oprah ...pdf](#)

Download and Read Free Online 25 Lessons: What We Learned from Oprah Nancy Mehagian, Judith A. Proffer

Download and Read Free Online 25 Lessons: What We Learned from Oprah Nancy Mehagian, Judith A. Proffer

From reader reviews:

Theresa Gayle:

Have you spare time for the day? What do you do when you have far more or little spare time? Yeah, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a wander, shopping, or went to the particular Mall. How about open or read a book titled 25 Lessons: What We Learned from Oprah? Maybe it is to become best activity for you. You already know beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have different opinion?

Peggy Nunes:

In this time globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The book that recommended to you personally is 25 Lessons: What We Learned from Oprah this guide consist a lot of the information in the condition of this world now. This specific book was represented how does the world has grown up. The dialect styles that writer use for explain it is easy to understand. The actual writer made some study when he makes this book. That's why this book acceptable all of you.

Frederick Palazzo:

A lot of guide has printed but it differs from the others. You can get it by internet on social media. You can choose the very best book for you, science, amusing, novel, or whatever through searching from it. It is called of book 25 Lessons: What We Learned from Oprah. Contain your knowledge by it. Without departing the printed book, it can add your knowledge and make anyone happier to read. It is most important that, you must aware about reserve. It can bring you from one place to other place.

Diane Walker:

What is your hobby? Have you heard this question when you got pupils? We believe that that query was given by teacher with their students. Many kinds of hobby, Every person has different hobby. And you also know that little person similar to reading or as reading through become their hobby. You must know that reading is very important and book as to be the matter. Book is important thing to provide you knowledge, except your current teacher or lecturer. You find good news or update in relation to something by book. A substantial number of sorts of books that can you decide to try be your object. One of them is 25 Lessons: What We Learned from Oprah.

Download and Read Online 25 Lessons: What We Learned from Oprah Nancy Mehagian, Judith A. Proffer #E8B7MAKUQR1

Read 25 Lessons: What We Learned from Oprah by Nancy Mehagian, Judith A. Proffer for online ebook

25 Lessons: What We Learned from Oprah by Nancy Mehagian, Judith A. Proffer Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 25 Lessons: What We Learned from Oprah by Nancy Mehagian, Judith A. Proffer books to read online.

Online 25 Lessons: What We Learned from Oprah by Nancy Mehagian, Judith A. Proffer ebook PDF download

25 Lessons: What We Learned from Oprah by Nancy Mehagian, Judith A. Proffer Doc

25 Lessons: What We Learned from Oprah by Nancy Mehagian, Judith A. Proffer Mobipocket

25 Lessons: What We Learned from Oprah by Nancy Mehagian, Judith A. Proffer EPub