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A Note of Thanks

Spry Sparrow From Drab To Fab

AN Whitehead



Spry Sparrow From Drab To Fab:

Spry Sparrow Donna Hammontree,2014-12-08 Spry Sparrow has a wonderful mother a spacious backyard and plenty of bugs to fill her belly So why is she so unhappy Perhaps it s because her neighbors the colorful painted buntings are so vibrant that Spry becomes jealous feeling that her brown and white feathers are ordinary and drab But Spry Sparrow s mother has a special lesson in store for the little bird know what special gifts you have and how you can be colorful in your own way Donna Hammontree uses her experience in cognitive behavioral therapy to weave a tale of positive behavior change and self confidence Mother Sparrow s message to Spry Sparrow is vital and one that we can all learn from keep in mind our unique gifts our varied strengths and think of those as our own vibrant colors **Spry Sparrow** Donna Mcneely Hammontree,2014-12-08 Know what special unique gifts you have and how you can be colorful in your own way Donna Hammontree uses her experience in cognitive behavioral therapy to weave a tale of positive behavior change and self confidence in Spry Sparrow From Drab to Fab Spry Sparrow learns to appreciate herself in her own feathers for the beauty she has the ladies treasury ,

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Fuel Your Spirit with **Spry Sparrow From Drab To Fab** . In a downloadable PDF format (Download in PDF: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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