



I Ain't Much, Baby--But I'm All I've Got: Turn the Corner into a More Beautiful Life-Five Minutes at a Time

By Jess Lair Ph.D.

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"What are some of the discoveries I have made? I found I needed people because I needed the love they could give me. I found that love was something I did. I found that the way I showed people my need and love for them was to tell how it was with me in my deepest heart. I came to feel that was the most loving thing I could do for anyone -- tell them how it was with me and share my imperfections with them. When I did this, most people came back at me with what was deep within them. This was love coming to me. And the more I had coming to me, the more I had to give away. I ain't much, baby -- but I'm all I've got."

From his experience comes "I Ain't Much, Baby -- But I'm All I've Got." Lair originally wrote this book for his students, but when it gained widespread popularity he rewrote it for publication. It is a book meant to help people share in the success of finding themselves.

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"What are some of the discoveries I have made? I found I needed people because I needed the love they could give me. I found that love was something I did. I found that the way I showed people my need and love for them was to tell how it was with me in my deepest heart. I came to feel that was the most loving thing I could do for anyone -- tell them how it was with me and share my imperfections with them. When I did this, most people came back at me with what was deep within them. This was love coming to me. And the more I had coming to me, the more I had to give away. I ain't much, baby -- but I'm all I've got."

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