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J. Kurtz**

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His latest book, Pick Me Up: A Pep Talk for Now and Later, is a hybrid journal/self-help book/creativity jump-starter — small enough to carry

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Pick Me Up: A Pep Talk for Now and Later Paperback – October 4, 2016. An intimate and engaging journal that offers a pick-me-up on every page. Adam J. Kurtz (aka ADAMJK) is a Brooklyn-based artist and author whose first book, 1 Page at a Time: A Daily Creative Companion has been

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On October 4, his new book PICK ME UP: A Pep Talk For Now & Later will have even more prompts, exercises and “existential activities.

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