



# One Good Life: My Tips, My Wisdom, My Story

*Jill Nystul*

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Called “special, amazing” and “very moving” by Ree Drummond, *One Good Life* shares the never-before-told story of the blogger behind *One Good Thing by Jillee*, alongside the tips and wisdom that have earned her millions of devoted followers.

Jill Nystul started her blog, *One Good Thing by Jillee*, as a means to take steps forward after emerging from rehabilitation from alcohol dependence and battling a slew of equally tough issues that tested her confidence as a wife and mother. Her goal was to pursue her passion and help others along the way—one day at a time and one step at a time—by writing about one good thing each day.

It is clear that Nystul’s ability to appreciate the little things has resonated with readers everywhere. Fans have fallen in love with her crafty household endeavors, delicious recipes, and words of wisdom. *One Good Life* presents 75 Good Things by Jillee, fifty of which have never before been published, intertwined with Nystul’s personal story, revealed in this book for the first time. Drawing from her own experiences, Nystul shows how she has overcome tremendous hardship to finally re-embrace her faith and appreciate, each day, one good thing.

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