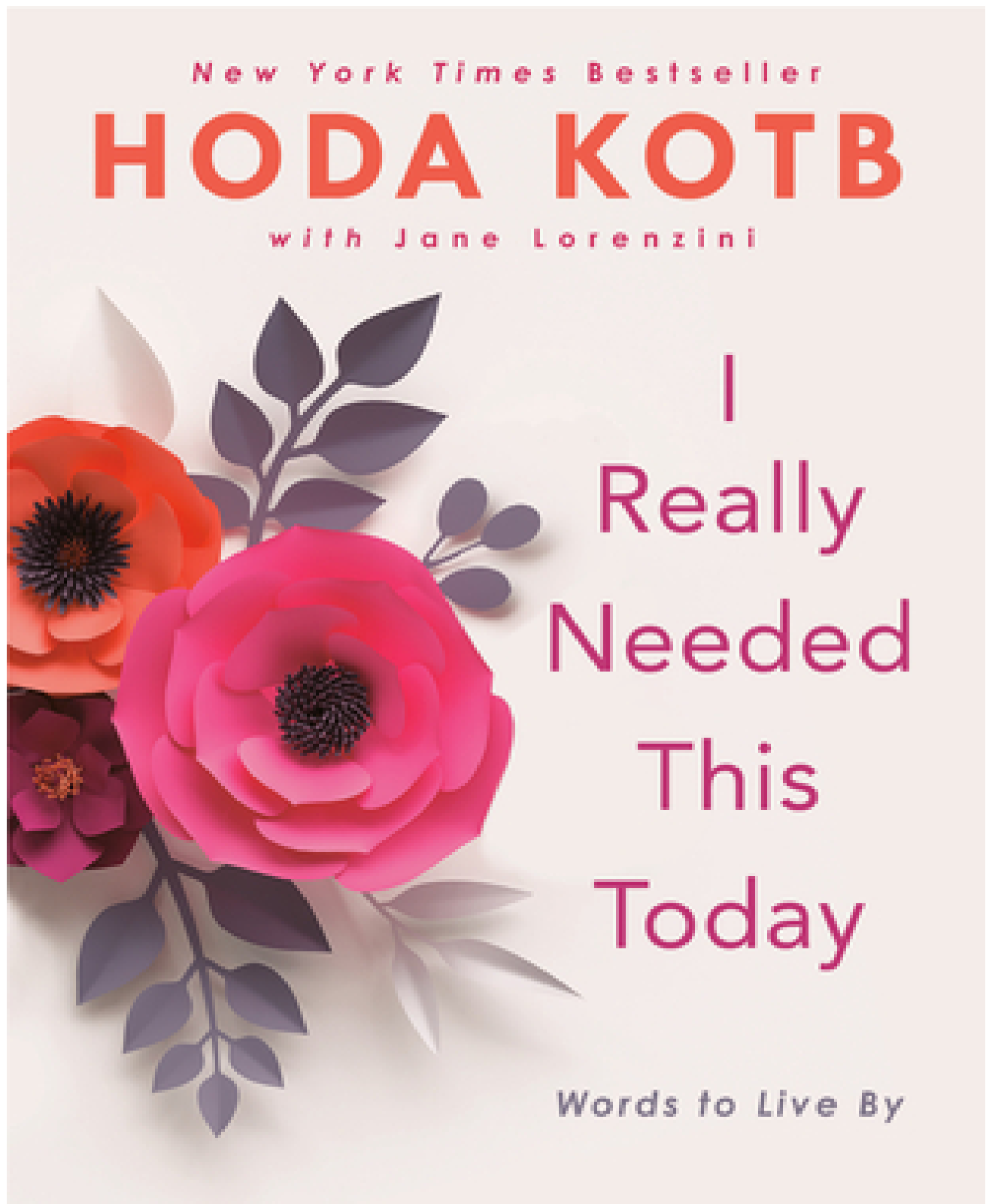
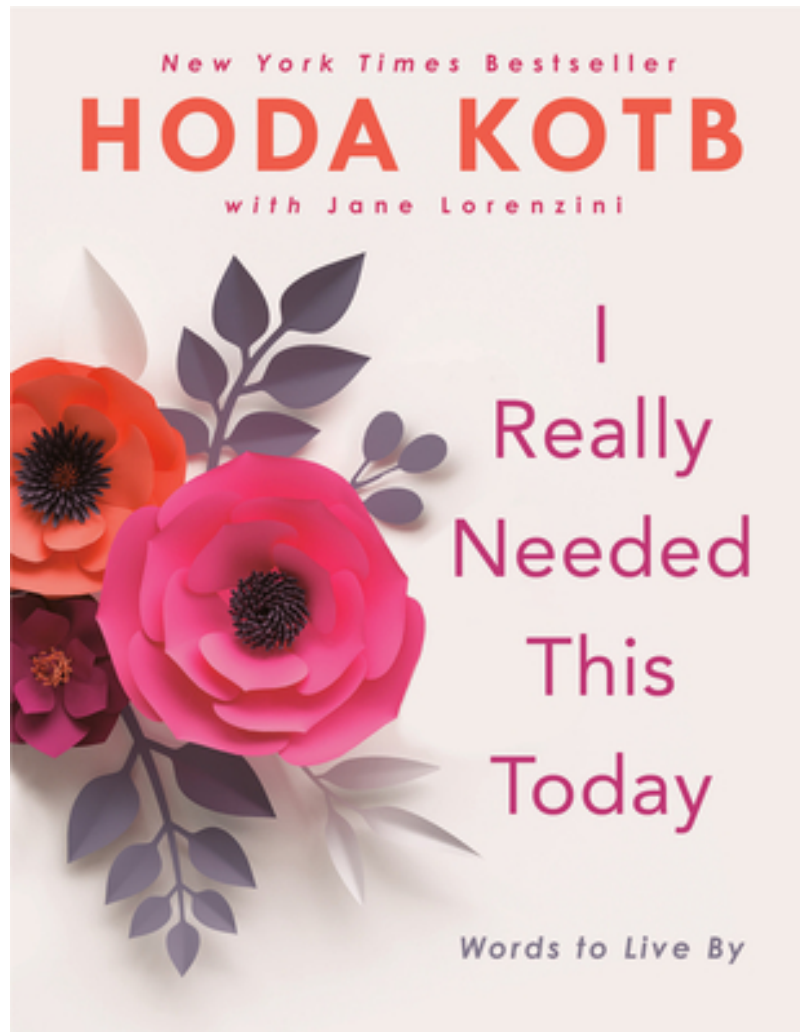


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**I Really Needed This Today: Words to Live by  
by Hoda Kotb**



## Synopsis:=====

AN INSTANT #1 NEW YORK TIMES BESTSELLER From New York Times bestselling author and beloved Today show co-host Hoda Kotb comes an inspiring collection of quotes--drawn from her own personal favorites featured on her enormously popular Instagram account--that offer wisdom, courage, and hope. Several years ago, Today show co-host Hoda Kotb began posting a variety of quotes on her Instagram page. Some were penned by a favorite writer; others offered a dose of love or laughter. She thought the quotes were meaningful only to her, but soon a funny thing started happening - reactions poured in from thousands of people who were just as moved. The quotes weren't only providing inspiration to Hoda, they were comforting and connecting people. So many of their comments read, "I really needed this today," a phrase that inspired the book's title. In *I Really Needed This Today*, Hoda not only shares 365 sayings and quotes, she writes about the people and experiences that have pushed her to challenge

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