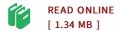




Simple Happiness: 52 Easy Ways to Lighten Up

By Jim Ryan

Joyride Visions, 2014. Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book. From the minute we open our eyes in the morning we re on the go with so much clamoring for our attention in the home, family, workplace, and community. We are constantly bombarded with information through social media in our high tech world. When do we have time to breathe? This elegantly simple book removes some of the mystery and confusion from everyday life and offers straightforward solutions for you to relax and be in the moment Less stress More joy In Simple Happiness, Ryan delivers short chapters to read, reflect and read again to gain the message and insight and application for daily life. The concrete, practical steps inspire you to lead a more focused and productive life.In 52 Easy Ways, Ryan breaks it out into specific, helpful sections and strategies for individual and group reading - ?The Basics ?Things to Think About ?Take a Look at Yourself ?Things to Do ?Strategies ?Reaching Higher ?Unlock Your Power For Business Professionals, Community Volunteers, Healthcare Professionals, Educators, Civic Groups, Business owners, Women s groups, Church groups.



Reviews

It is fantastic and great. It is writter in easy words and phrases instead of confusing. I am just delighted to explain how this is actually the best book i have got read through during my individual life and might be he finest publication for ever. -- Prof. Murl Shanahan DDS

A must buy book if you need to adding benefit. it was actually writtern quite perfectly and beneficial. You wont really feel monotony at anytime of your time (that's what catalogs are for regarding in the event you question me). -- Kian Jacobi

Other eBooks

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Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....

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Dating Advice for Women: Women s Guide to Dating and Being Irresistible: 16 Ways to Make Him Crave You and Keep His Attention (Dating Tips, Dating Advice, How to Date Men)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Dating advice for women Sale price. You will save 66 with this offer. Please hurry up! Women...

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Book Condition: Brand New. Book Condition: Brand New.

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Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...

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Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback Book Condition: Brand New. Book Condition: Brand New.