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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.



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Reviews

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This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

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