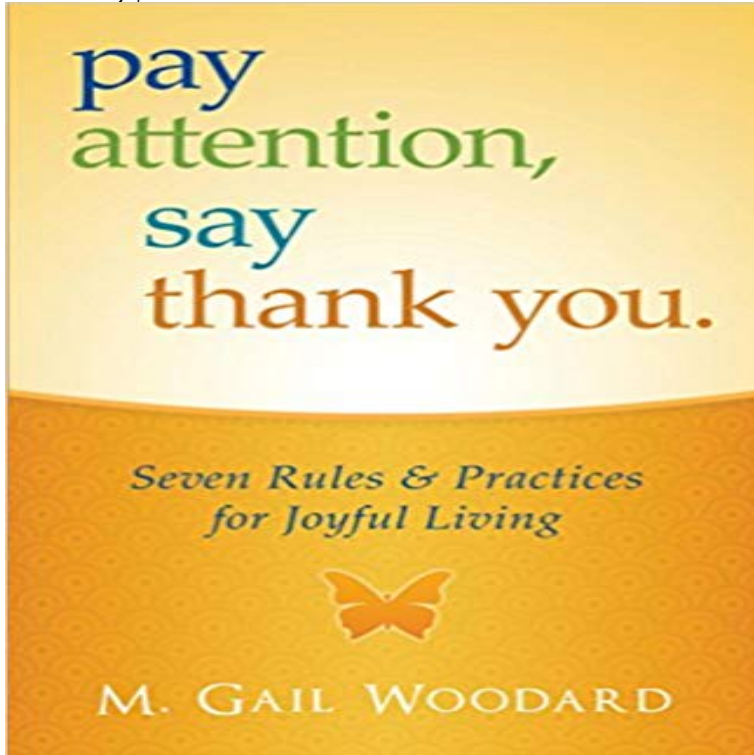


Pay Attention, Say Thank You: Seven Rules & Practices for Joyful Living



An appealing guide to living a happy life - full of joy, even when things aren't going so well. Learn how to live happily, more vibrantly, more creatively and more joyfully by practicing seven techniques, some as simple as paying attention, saying thank you and being quiet. Warm and engaging, this book offers addresses issues of forgiveness, fear, the need for quiet reflection or meditation and for gratitude. The author provides plenty of examples and exercises. Everything in this book is gently offered with an invitation from the author to try it and see for yourself what happens.

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