

Enjoy Your Life

Learn how to achieve the happiness you deserve "A guide to sustaining your newfound contentment." –Psychology Today "Lyubomirsky's central point is clear: a significant portion of what is called happiness . . . is up for grabs. Taking some pages out of the positive psychology playbook, she coaches readers on how to snag it." –The New York Review of Books You see here a different kind of happiness book. The How of Happiness is a comprehensive guide to understanding the elements of happiness based on years of groundbreaking scientific research. It is also a practical, empowering, and easy-to-follow workbook, incorporating happiness strategies, excercises in new ways of thinking, and quizzes for understanding our individuality, all in an effort to help us realize our innate potential for joy and ways to sustain it in our lives. Drawing upon years of pioneering research with thousands of men and women, The How of Happiness is both a powerful contribution to the field of positive psychology and a gift to people who have sought to take their happiness into their own hands.

An enjoyable life entails learning and practicing multiple skills; the few who truly apply them savour the success that comes with it. Of course, atop the list of the successful is the chief of humanity, Muhammad (blessings and peace be upon him). His entire life was an ocean of pearls that I have scattered throughout the pages of this book. Enjoy Your Life! is not the product of an effort of a month or a year. Rather, it has resulted from the research that I devoted myself to for twenty years. I inscribed it with my tears, pouring my soul and squeezing my memories into it. I penned down various incidents involving the joy of our eyes - our first teacher, Muhammad (blessings and peace be upon him). I highlighted his exceptional talents; his skills in dealing with people and enjoying his life. Enjoy Your Life! contains personal memories, real-life experiences, and incidents that I have publicised for the first time - praying that Allah, the Exalted, makes them a source of benefit for you. Enjoy Your Life!

"Offers a range of ... recipes that speak to both sides of your food brain. Here you'll find [a] ... dish for when you want to eat light or for when you are in the mood for something more indulgent"--Amazon.com.

The Transcendental Meditation Program features entertaining cartoons, question and answer text, and over 40 scientific research charts documenting the effects of this powerful, proven technology for developing full individual potential and creating peace and coherence for the world. Like the TM technique, this book is simple, easy, effortless, effective and fun

The Energy Bus Field Guide

Enjoy Life! Healing with Happiness

How To Become Happy And Successful With Powerful Techniques From East And West

Enjoy Your Life Now!

How To Win Friends and Influence People

True Whispers (1243 +) to Enjoy Your Life and Your Job

You can go after the job you want—and get it! You can take the job you have—and improve it! You can take any situation—and make it work for you! Dale Carnegie's rock-solid, time-tested advice has carried countless people up the ladder of success in their business and personal lives. One of the most groundbreaking and timeless bestsellers of all time, How to Win Friends & Influence People will teach you: -Six ways to make people like you -Twelve ways to win people to your way of thinking -Nine ways to change people without arousing resentment And much more! Achieve your maximum potential—a must-read for the twenty-first century with more than 15 million copies sold!

Everyone agrees that they have a right to be happy. But most people fail to find happiness in their life. This is very unfortunate, as anybody could achieve true happiness by making just a few simple changes in their perspective and lifestyle. This is what this book is all about. The Little Book of Big Ideas to Enjoy Life and Be Happy provides practical tips that readers can apply immediately to start them on the road to true happiness. In a direct, easy-to-read style, this book gives readers the basics on topics such as accepting themselves, faith and values, enhancing health, overcoming fears, and building self-esteem. No matter their age, faith, or marital status, readers will find ideas that they can apply immediately to feel happier. The wisdom contained in The Little Book of Big Ideas to Enjoy Life and Be Happy will benefit readers no matter what situations they are facing or what issues they are dealing with. In addition to the 200 powerful principles for increasing happiness and their supporting text, this book contains detailed information on how the reader can achieve true and lasting happiness.

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Enjoy Your Life and Your Job. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem,

enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Enjoy Your Life and Your Job. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

A Road Map for living and implementing the 10 Principles of The Energy Bus The Energy Bus Field Guide is your roadmap to fueling your life, work and team with positive energy. The international bestseller The Energy Bus has helped millions of people from around the world shift to a more positive outlook; the story of George and Joy bus driver has resonated with people from all walks of life, each with their own individual vision of "success." This guide is designed as a practical companion to help you live and share the ten principles every day, with real, actionable steps you can immediately put into practice in your life, work, team and organization. Navigate the twists and turns that sabotage success. Cultivate positive energy and bring out the best in your team. Create a compelling vision for your life and team. Cultivate positivity and remove negativity from your life and organization. Learn how every day people and organizations utilized the Energy Bus to create amazing success and results. Filled with insightful questions, practical action steps, best practices and inspiring case studies you'll be equipped to energize yourself and your team in new and powerful ways. Whether it's a family team, work team, sports team, or school team, everyone benefits from getting on the bus.

How to Enjoy Your Life and Your Job

A New Approach to Getting the Life You Want

Becoming Worldly Saints

How to Enjoy Your Life

Finding Success, Happiness, and Deep Purpose in the Second Half of Life

Consider please: Nothing has a meaning until we give it a meaning. If we would enjoy our entire life, we don't need a meaning for our life. Most people can't enjoy their life even they can't enjoy their working time... I will help you in this book to enjoy your entire life! Still, we should give our life a meaning that will direct our life. So that we know why we do this and not waste our time for meaningless things... You find the answers in this book. Why can't we enjoy our life? Why are good relationships more important than wealth and success? Why should we care for our intimacy relationships? Why do we need to enjoy our Job? Why do we need a goal setting? Why can't we rely on our kids as the meaning of life? Why should we fulfill our heart desires? Why is it essential to have a mission? Why should we stop regretting instead to do it? Why should we learn to go beyond our desires? Why do we need to be connected with God/divine? Why can God/Divine give us a meaning of life?

It begins for them all at the bungalow - 'Alright, time to lay out the cards. We're in this together and hopefully, for the long haul, yeah? So I think - you know, we should just be honest. It's deal-breakers time. That thing that like, if we're gonna hate you or something, just tell us all now.' When One Direction begins, Harry Styles is a sixteen-year-old boy foundering under the pressure of impending fatherhood. His ability to balance the sobering responsibility of caring for his tiny daughter, Millie, and the exhilaration of seeing his own dreams coming to fruition affects not only his future, but those of Liam, Zayn, Niall, and Louis, who never expected fealty to be the key to their success. But Liam is the first to show him how to grow up without growing old, and Zayn is the first to defend from the public what is private and precious. Louis -- Louis is the first for a lot of things; for most of the moments of Millie's life and for the moments of Harry's that matter. And Niall is the first to toast when Millie is born: Go maire sibh bhur saol nua -- 'may you enjoy your new life.'

How to Enjoy Your Life and Your Job will help you create a new approach to life and people and discover talents you never knew you had. This bestseller shows you how to make every day more exciting and rewarding—how you can get more done, and have more fun doing it. A life-changing book that has helped many people around the world, is your key to achieving success in your professional and personal life.

A few times in your life, someone will tell you something so right, so deeply true that it changes you forever. That is what Anna Quindlen, author of the timeless bestseller

A Short Guide to a Happy Life, does here. In Being Perfect, she shares wisdom that, perhaps without knowing it, you have longed to hear: about “the perfection trap,” the price you pay when you become ensnared in it, and the key to setting yourself free. Quindlen believes that when your success looks good to the world but doesn’t feel good in your heart, it isn’t success at all. She asks you to set aside your friends’ advice, what your family and co-workers demand, and what society expects, and look at the choices you make every day. When you ask yourself why you are making them, Quindlen encourages you to give this answer: For me. “Because they are what I want, or wish for. Because they reflect who and what I am. . . . That way lies dancing to the melodies spun out by your own heart.” At the core of this beautiful book lies the secret of authentic success, the inspiration to embrace your own uniqueness and live the life that is undeniably your own, rich in fulfillment and meaning.

How Will You Measure Your Life? (Harvard Business Review Classics)

Moving Past Everyday Struggles

Forty Plus Ways To Manage Stress & Enjoy Your Life

Enjoy your life

How to Enjoy the Rest of Your Life

The Little Stress Book

If following Jesus involves a life of sacrifice and suffering, is it wrong for a Christian to seek purpose and joy in this world? Many Christians sense a tension between their desire to enjoy life in this world—the beauty of God’s creation, the rich love of deep relationships with others—and the reality that this world is fallen and broken, in need of redemption. How can we embrace and thrive in the tension between enjoying creation and promoting redemption? By living out our God-given purpose. As “worldly saints,” created in the image of God, we are natural creatures with a supernatural purpose—to know and love God. Because we live in a world that is stained by the curse of sin, we must learn to embrace our nature as creatures created in the image of God while recognizing our desperate need for the grace that God offers to us in the gospel. Writing in a devotional style that is theologically rich, biblically accurate, and aimed at ordinary readers, Mike Wittmer helps readers understand who they are, why they are here, and the importance of the story they tell themselves. In Becoming Worldly Saints, he gives an integrated vision that shows how we can be heavenly minded in a way that leads to earthly good, empowering believers to seize the abundant life God has for them.

Have you ever felt like a fraud or failure as you struggle to find balance in life? Do you find yourself juggling everything in mediocrity and feeling like you're succeeding at very little? In her no-nonsense style, Alli Worthington--popular podcaster and author of The Year of Living Happy--tackles the big questions about finding happiness and one's God-given purpose. Have you ever felt like a fraud or failure as you struggle to find balance in life? Do you find yourself juggling everything in mediocrity and feeling like you're succeeding at very little? In her no-nonsense way, Alli Worthington tackles the big questions about finding happiness and one's God-given purpose. Breaking Busy marries popular secular research with solid biblical principles, instilling confidence that you, too, can move from crazy busy to confident calm. With refreshing candor, uproarious true stories, and a Christian worldview, Alli delivers truths that dismantle common happiness myths. Then she empowers you to get unstuck, to let go of the good to make way for the great, to know yourself and your Creator, and ultimately to find peace and purpose in this world of crazy. You will: Learn how to stop chasing what leaves you empty and start doing what you were created to do. Identify the common lies you believe and how to strip their power from your life. Recognize how what you say no to determines what you can say yes to. With relatable anecdotes, Alli models real-life guidance on boundaries, relationships, and self-care, humbly examining her own mistakes and walking through how she learned from her missteps and found peace in a world of busyness. If you long to find real connection with both your loved ones and your Creator, Alli Worthington deftly balances intelligent humility and heartwarming humor to help you rediscover your path.

ENJOY LIFE TODAY is an invigoratingly fresh look at the often overlooked notion of enjoying all that you do and being happy. The author has captured some of the most essential elements in today's world - living in the moment, enjoying what you do, helping others, and being happy. The intention of this unique tool is not to create a new law, a new mindset or set, of new ideas, but rather to gather and share information to enlighten and inspire people to remember that enjoying life is a fundamental part of life and being happy. If at any time one feels the depletion of their positive energy, they can use this book as a resource to instantly and consistently motivate them to make enjoyment a primary focus and act in their daily life. Each example of enjoyment, that the author has been privileged to share, provides significant tangible and intangible returns that fill the reader's spirit and soul, and hopefully makes them want to live in the moment, reflect, and enjoy life each day. The book supports the philosophy that despite life's temporary adversity and through enjoyment of all that is experienced, no one should claim to be perfect, but seek perfect harmony to achieve the balance from within through enjoyment, in order to enable society to live a life full of abundance and happiness. During the journey through life, it is essential to look back, reflect on each moment, each action, the humanity, and willingness to help and give unconditionally, and the ability to receive with sincere appreciation and deep gratitude.

I have compiled in over 30 years the most efficient techniques to find true happiness and true love. How to change your life in every aspect with feelings and body-orientated therapy combined with meditation. How to get back the love or connection you may not have received as a child. How to feel true love in all your relationships. How to have more fulfilling relationships. How to deal with problems when you are working. How to live a fulfilled life even when many things are running against you. Learn that we manifest in our lives what is inside of us regardless if we are aware of it or not. What is true happiness, true love and true meditation? You will learn the most effective EFT. You will learn why meditation and body exercise is so necessary for living a fulfilled life. And much more you find in my book: Enjoy your life now.

Enjoy Life

The Little Book of Big Ideas to Enjoy Life and Be Happy

Enjoy Life-Today

The Message of Ecclesiastes

From Strength to Strength

Life Is Good

How to Enjoy Your Life in Spite of it All

Discusses how to render everyday moments and challenges into opportunities for spiritual growth, describing how to build a traditional spiritual life on top of a modern routine by engaging in short meditations and mindfulness.

Nothing in this world lasts forever. What is here now will be gone tomorrow. What is the point of living if we will all die? What is the point of working if what we seek to build won't last any

The answers lie in the most unlikely place; the book of Ecclesiastes in the Bible. Ecclesiastes doesn't sugarcoat the reality of life's transience. Yet far from being a "doom and gloom" book, it offers practical advice on how to deal with such reality: Life is fleeting, and so enjoy it while you can. And that's what Enjoy Life is all about, giving you the reason to live life to the full. The "twelve pathways" explained in this book are a modern, practical condensation of thousands of years of accumulated wisdom. A must for people sincerely interested in their personal growth.

How to Find Peace and Purpose in a World of Crazy

Simple Ways to Love God and Enjoy Your Life

You Will Read This, Love This and Tell Your Friends

Holy in the Moment

The Truth About Forever

Born to be Happy Enjoy Life to the full by Prasanna Rao Bandela

Jesus came that we may have life and have it to the full. This Christian nonfiction book will inspire and motivate you to enjoy your life to the max when you read it and apply the wisdom it contains. Read a chapter a day and apply it, and see the difference it will make in your life.

In the spring of 2010, Harvard Business School's graduating class asked HBS professor Clay Christensen to address them—but not on how to apply his principles and thinking to their post-HBS careers. The students wanted to know how to apply his wisdom to their personal lives. He shared with them a set of guidelines that have helped him find meaning in his own life, which led to this now-classic article. Although Christensen's thinking is rooted in his deep religious faith, these are strategies anyone can use. Since 1922, Harvard Business Review has been a leading source of breakthrough ideas in management practice. The Harvard Business Review Classics series now offers you the opportunity to make these seminal pieces a part of your permanent management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world.

The roadmap for finding purpose, meaning, and success as we age, from bestselling author, Harvard professor, and the Atlantic's happiness columnist Arthur Brooks. Many of us assume that the more successful we are, the less susceptible we become to the sense of professional and social irrelevance that often accompanies aging. But the truth is, the greater our achievements and our attachment to them, the more we notice our decline, and the more painful it is when it occurs. What can we do, starting now, to make our older years a time of happiness, purpose, and yes, success? At the height of his career at the age of 50, Arthur Brooks embarked on a seven-year journey to discover how to transform his future from one of disappointment over waning abilities into an opportunity for progress. From Strength to Strength is the result, a practical roadmap for the rest of your life. Drawing on social science, philosophy, biography, theology, and eastern wisdom, as well as dozens of interviews with everyday men and women, Brooks shows us that true life success is well within our reach. By refocusing on certain priorities and habits that anyone can learn, such as deep wisdom, detachment from empty rewards, connection and service to others, and spiritual progress, we can set ourselves up for increased happiness. Read this book and you, too, can go from strength to strength.

**100% OF PROCEEDS TO DOMESTIC VIOLENCE CHARITIES* Motherhood changes you, alchemically. From the moment she became a mom, Megan began a journey of rebirth of herself. With each passing day, Megan's spirit connected her with new thoughts, wisdom, and insights that she knew she must share with her daughter, Lily, and all daughters. In this soul-fulfilling book written during her maternity leave from her job as a corporate lawyer, Megan, on behalf of all conscious mothers, shares enlightening and energy-shifting advice for daughters as they journey through their own lives as increasingly awakened beings. With a creative, uplifting, and powerful feminine voice, Megan beautifully and masterfully articulates these insightful learnings, gained from soulful study and her own human experience, on topics from love to friendship to family, and a lot of goodness in between. The meaningful themes will resonate deeply with all open hearts and minds, enlivening spirits and inspiring daughters to trust, embrace, and live out their most authentic selves on their own, unique paths - raising our collective consciousness and creating true spiritual connection with like-souled girls and women worldwide.*

Pursuing My Grandmother's Three Word Legacy

31 Free Or Inexpensive Things You Can Do

Food Swings

Give your life a meaning or enjoy...

Extraordinary Enlightenment for Ordinary People

Love Your Life, Have Fun

#1 New York Times bestselling author Joyce Meyer offers a powerful, concise abridgment of Enjoying Where You Are on the Way to Where You Are Going. Are you enjoying every day of your life? Or do you tell yourself and others that you will find happiness once you have achieved a specific goal or position? Jesus came so that you might have and enjoy life (John 10:10). In this compact abridgment, Joyce Meyer combines biblical principles with personal experiences to explain how you can enjoy every day on your journey through life. You will learn such lessons as how to make the decision to enjoy life, how to rid yourself of regret, how to experience simplicity in life, how to find joy during times of waiting, and much more! Enjoying life is an attitude of the heart, and you can learn how to enjoy where you are on the way to where you are going.

Enjoy Your Life is an easy-to-read guide to living happily and well. You will learn how to take charge of your life, how to guide your feelings and the way to follow your good and great dreams. Enjoy Your Life covers a wide range of topics in 110 sections, including Perfect Life, Great Relationships and Live Your Life. Thanks to the unique design you can read these in any order you like. An alphabetical list at the end of the book allows you to quickly refer back to the topics you need. Enjoy Your Life gives you the tools you need to take charge of your life and live it the way you want.

Best-selling author and respected Bible teacher Marilyn Hickey answers one of the biggest questions people are asking, "Can I enjoy my life again?" In her warm and humorous style she reveals what Solomon discovered in his search for the meaning of life. Taught from her own life experiences and the bible, this book shows how Christians can have fun, stop struggling and find contentment

Enjoying life (zoe) in Christ comes in the choices we make moment-by-moment. Transparently sharing her struggles with anxiety, fear, and insecurity, Ginger Harrington invites women to discover how intentional choices made in the moment can become holy habits that open the door to healing and freedom. With a refreshing perspective, she shows that holiness isn't a rigid standard to keep but a gift to receive through a vital relationship with God, who makes us whole. Holy in the Moment explores the practical power of choices to grow in holiness without the pressure of perfectionism. Through gentle encouragement, biblical insights, and applicable ideas learn to discern feelings and overcome distractions and shame, adapt God's equation for obedience, live a praying life, discover methods for practicing holiness in parenting and the importance of rest, embrace biblical love and forgiveness, and understand how work becomes holy. Find healing and wholeness with simple choices to love God, embrace truth, and enjoy every moment of life with practical ways to be holy by choosing to trust God, rely on his wisdom, and live from his resources.

Find the Treasure Hidden in Every Day

How to Enjoy Your Life in Spite of it All

FORGET YOUR TROUBLES: Enjoy Your Life Today

Ht Enjoy Life Job

Imperfect Spirituality

Enjoy Your Life to the Max

Even if you love your work, you probably have days when almost nothing goes right. Make other people feel important -- and do it sincerely Avoid unnecessary ten important duties Get people to say yes -- immediately Turn routine tasks into stimulating opportunities Spot a sure-fire way of making enemies -- and avoid it Smi done your very best! How to Enjoy Your Life and Your Job will help you create a new approach to life and people and discover talents you never knew you had.

From the award-winning and New York Times bestselling author of Once and for All Expect the unexpected. Macy's got her whole summer carefully planned. But h Wish Catering. And they certainly didn't include Wes. But Macy soon discovers that the things you expect least are sometimes the things you need most. "Dessen tragedy and introduces a complex heroine worth getting to know." —Publishers Weekly Sarah Dessen is the winner of the Margaret A. Edwards Award for her con well as the Romantic Times Career Achievement Award. Books by Sarah Dessen: That Summer Someone Like You Keeping the Moon Dreamland This Lullaby The Truth Lock and Key Along for the Ride What Happened to Goodbye The Moon and More Saint Anything Once and for All

"From Life is Good founders and brothers Bert and John Jacobs, this inspiring book of wisdom outlines the ten key "superpowers" readers need to live their best li personal and professional journey, this whimsically illustrated guide captures the unique voice and profound optimism that is the foundation of their beloved T-shirt worth more than \$100 million. Life Is Good: The Owner's Manual will inspire readers of all ages and passions to discover--and embrace--the good in their lives. Ent easygoing yet powerful, this engaging book reveals how to tap into the hidden power of optimism. Beginning with their upbringing in working class Boston and fol postgrad wanderlust to the birth of a small business, Bert and John use their experiences to illuminate the ten superpowers on which optimism is founded--from and authenticity. Capturing their buoyant, community-focused outlook and supplementing with top-ten lists and the company's iconic stick-figure illustrations, this offers lighthearted, practical self-help that will inspire and empower readers to embrace their lives with delight and daring"--

Vinay belongs to middle class family and He wants to be rich in a very short time. He also knows that in a short time money can't be earned from right way, so he betting, dabba trading and illegal possession of land. Vinay's desire to make money and a physical relationship with married woman Manvi, which Vinay believes right not agree with him. Vinay was inspired by Rocky, who is a very big bookie of cricket match bet. Vinay gets help from his friend from Arjun and a young politician D what my friend, what is wrong and what is right, it's immaterial. Important is that how to earn money." Vinay responded and kept his side to justify their point. "M "Not for you." Instead of answering, Vinay questioned Kunal. "I am not denying the fact that money is very important in today's time. But this way...." Kunal became There are thousands of such examples around us, where people respect the money and sideline the responsibility towards society. When I see any rich person in f luxaries then I think that why I am not lucky. I want to earn more money so my friend, betting is the wrong way but much better than many wrong paths." Kunal given to him. For Continuing his talk Vinay said - "corrupt government employee, corrupt politicians and traders who steal tax these are like a criminal. These peop evils. Cricket match betting is also a business but dirty business. If you are caught, then a thief if not then smart."

May You Enjoy Your New Life (Part II)

How to live a fulfilling life?

How To Enjoy Your Life And Your Job

Can You Serve Jesus and Still Enjoy Your Life?

The Book- How to Live with Purpose and Enjoy the Ride

The Art of Interpersonal Relations as Exemplified in the Prophet's Biography

"This is an exquisite collection of incidents from the life of the Prophet, stories from Islamic Heritage, and thought-provoking anecdotes from the life of the author. The aim of the book is to train the reader to enjoy living his life by practicing various self-development and inter-personal skills. ..., in order to highlight the benefit of using social skills, the author draws from the lives of the Prophet and his Companions. ..."--Page [4] of cover.

"Three small words as humble and unassuming as my grandmother herself. Short, sweet, and powerful, they were more than a wish. I came to understand these words as a holy petition." This book describes how one woman interrupted a lifetime of struggle and stepped into the freedom for which she was made. When Kim Smith's grandmother passed away at age 95, she left no inheritance except her loving example and "Enjoy Your Life", her closing words spoken at each parting. Kim's grief brought desperation, her curiosity sparked a shift, and God's true nature was fully revealed. Expanding faith fueled a journey of spiritual transfiguration and birthed a desire to promote this powerful three word legacy. The purpose of this book is to do just that.

"We human beings have only one life to live; then why not celebrate and enjoy it's all of us are born with valuable gifts to make our lives happy; but we hardly make use of their full potential. If only we realise this, all of us can enjoy life. Our domain is the present, Let us not allow ourselves to drift into the past, nor should we avoid the realities of the moment by thinking about the future. We know we cannot change the past, but we can ruin the present if we are not careful. So let us not squander the precious little lifetime given to us by feeling sorry for the past that never returns, or worrying about the future that is uncertain, let us try to optimise joy in our lives by focusing on the here and now. Joyful moments can make a lifetime of happiness; their memories can create a heaven on earth. Remember, we have only one chance to live the happy life of a unique human being; and nobody gets a second chance! The why not choose to live a joyful life, as long as we live!

Enjoy Your Life: Thoughts for Awakened Daughters from Conscious Mothers

How to Harness Positive Moods to Raise Your Energy, Effectiveness, and Joy

The Transcendental Meditation TM Book

Enjoy Your Life

Being Perfect

The How of Happiness