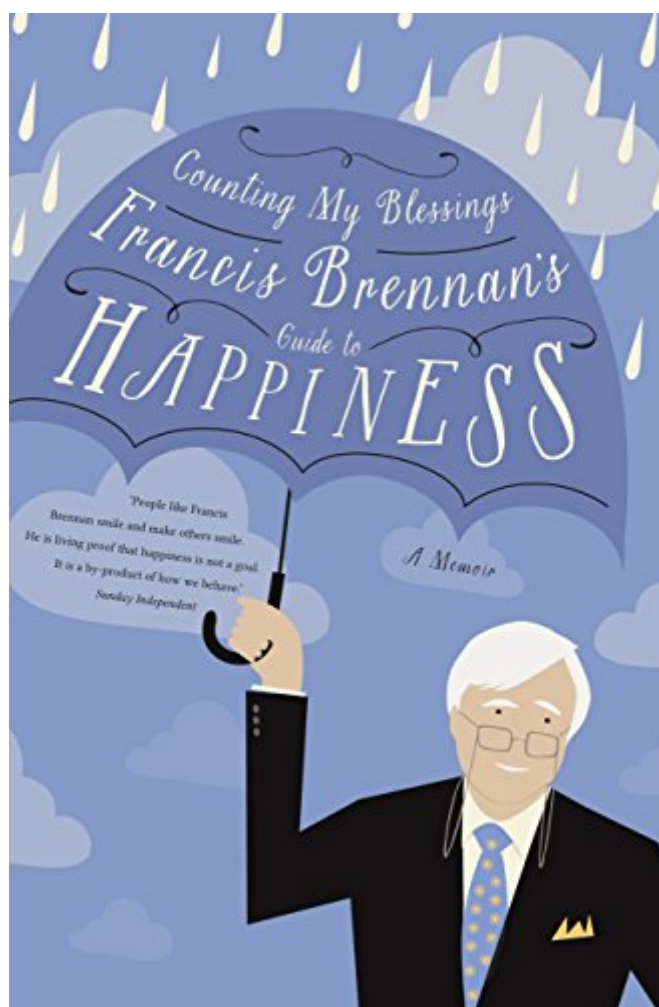


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Counting My Blessings - Francis Brennan's Guide To Happiness: How To Make The Most Of What Life Throws At You



Synopsis

Francis Brennan is back â€” to spread a little happiness!â€” Life can deal us any kind of hand, good or bad. Often itâ€™s a bit of both, and the only difference is what we make of it. Thatâ€™s the subject of this book â€” how we handle what life throws at us and how we learn to make the most of it. In short, itâ€™s a book about happiness.â€” Full of warm and witty anecdotes, Francis Brennan shares his memories while letting us in on the secret to his success â€” his belief in happiness. By counting his blessings â€” such as his childhood, family, friendships, career, travel, spirituality, home life and public life â€” he outlines what matters to him and what has sustained him in life, and shows how learning to be happy is the most important gift you can give yourself. By sharing how he has dealt with the ups and downs of life, Francis Brennan proves that happiness is something you choose, rather than something that chooses you.

Counting Your Blessings: Table of Contents
Introduction
Family Matters
Overcoming Challenges
Work, Glorious Work
Park Life
Living in the Limelight
Travel Broadens the Mind
A Hug Goes a Long Way
A Few of My Favourite Things

Book Information

File Size: 562 KB

Print Length: 229 pages

Page Numbers Source ISBN: 0717168786

Publisher: Gill & Macmillan (October 9, 2015)

Publication Date: October 5, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0166N0T32

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #222,215 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38

inÂ Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > How-to & Home Improvements >

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Customer Reviews

A real feel good book to read. Loved the way Francis can feel grateful for every small thing in his life. It has made me think more positive

Love the book, and I'm crazy about hotelier Francis Brennan. He is one of the funniest people in the world, and he makes you feel good just to say hello. Good craic!

Disappointed with this book, not what I expected

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