

Hello, Sunshine: 5 Habits to Uncloud Your Day (Paperback)



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Reviews

This is an incredible book that I have ever read through. It can be rally exciting throgh reading through time period. I discovered this publication from my i and dad recommended this pdf to find out.

(Friedrich Lynch DDS)

HELLO, SUNSHINE: 5 HABITS TO UNCLOUD YOUR DAY (PAPERBACK)

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Createspace, United States, 2014. Paperback. Book Condition: New. 196 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is a HAPPY PILL for readers who must achieve their dreams under scattered clouds that sometimes block the sun. These 5 Habits will help readers manage stress, inspire their creativity and bring them joy. In five personal essays, Alice Faye Duncan, uses fodder from her childhood and 20 years as a professional writer to illustrate the power of gratitude, silence, benevolence, forgiveness and tenacity. These essays discuss the efficacy of each habit, while sharing humorous anecdotes from Alice s journey. No matter what the weather brings, this book will offer readers a burst of sunlight. HELLO, SUNSHINE includes a list of SUNNY DELIGHTS where readers will find movies, music and books to enlighten their perspective and brighten their mood. Each chapter begins with a power quote by historical figures like Alexander Graham Bell, Mother Teresa and Dr. King. Each chapter ends with an affirming Bible verse. Here is a tiny book that is power-packed with BIG principles and wisdom that will bless readers lives, again and again. It is the first book in a Stress Management series published by Museum Creations Incorporated (MCI). This series was created for readers who want to keep themselves moving forward as they tackle the challenges of work, family, entrepreneurship and artistic ambitions. Don t hoard the sunshine. Share these habits with others until your home, your job, and this great big world is a happy place to be.

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