

The Best Things In Life Are Free Lonely Planet

This book is about savoring life—the capacity to attend to the joys, pleasures, and other positive feelings that we experience in our lives. The authors enhance our understanding of what savoring is and the conditions under which it occurs. Savoring provides a new theoretical model for conceptualizing and understanding the psychology of enjoyment and the processes through which people manage positive emotions. The authors review their quantitative research on savoring, as well as the research of others, and provide measurement instruments with scoring instructions for assessing and studying savoring. Authors Bryant and Veroff outline the necessary preconditions that must exist for savoring to occur and distinguish savoring from related concepts such as coping, pleasure, positive affect, emotional intelligence, flow, and meditation. The book ’ s lifespan perspective includes a conceptual analysis of the role of time in savoring. Savoring is also considered in relation to human concerns, such as love, friendship, physical and mental health, creativity, and spirituality. Strategies and hands-on exercises that people can use to enhance savoring in their lives are provided, along with a review of factors that enhance savoring. Savoring is intended for researchers, students, and practitioners interested in positive psychology from the fields of social, clinical, health, and personality psychology and related disciplines. The book may serve as a supplemental text in courses on positive psychology, emotion and motivation, and other related topics. The chapters on enhancing savoring will be especially attractive to clinicians and counselors interested in intervention strategies for positive psychological adjustment.

The Community Book Project: 20/20 VisionThis is a “bigger book” in The Community Book Project series-one devoted to completing one decade and welcoming a new one. The vision: The idea was to bring together a number of writers to paint, with words, a picture of inspiration and vision for readers world-wide. It would include humorous and poignant stories of years’ past, along with ideas for the future. The book would be buttoned up with essays of gratitude. The contributors would receive guidance and editorial feedback from a USA TODAY & WALL STREET JOURNAL bestselling and award-winning author, and then the essays would be collected in this volume. The contributors: We welcomed nearly 40 writers to this project. They came from all walks of life and from all around the world. It was such a joy and pleasure to get to know them, their writing styles and their stories. How it worked: After selecting a prompt, contributors were asked to write and submit “200 words-ish.” The pieces were collected and reviewed by me, the editor. Some were good to go-and some were good to go with a few revisions. All contributors had an opportunity to stretch their “expression through writing” muscles and be a part of a greater community where they shared, laughed and inspired each other. This is the result-we do hope you enjoy it! Donna Kozik, creator and lead editor of The Community Book Project, is a USA Today and Wall Street Journal bestselling and award-winning author. You can find out more about The Community Book Project and how to join the writing fun at www.TheCommunityBookProject.com.

For centuries, philosophers, theologians, moralists, and ordinary people have asked: How should we live? What makes for a good life? In The Best Things in Life, distinguished philosopher Thomas Hurka takes a fresh look at these perennial questions as they arise for us now in the 21st century. Should we value family over career? How do we balance self-interest and serving others? What activities bring us the most joy? While religion, literature, popular psychology, and everyday wisdom all grapple with these questions, philosophy more than anything else uses the tools of reason to make important distinctions, cut away irrelevancies, and distill these issues down to their essentials. Hurka argues that if we are to live a good life, one thing we need to know is which activities and experiences will most likely lead us to happiness and which will keep us from it, while also reminding us that happiness isn’t the only thing that makes life good. Hurka explores many topics: four types of good feeling (and the limits of good feeling); how we can improve our baseline level of happiness (making more money, it turns out, isn’t the answer); which kinds of knowledge are most worth having; the importance of achieving worthwhile goals; the value of love and friendship; and much more. Unlike many philosophers, he stresses that there isn’t just one good in life but many: pleasure, as Epicurus argued, is indeed one, but knowledge, as Socrates contended, is another, as is achievement. And while the great philosophers can help us understand what matters most in life, Hurka shows that we must ultimately decide for ourselves. This delightfully accessible book offers timely guidance on answering the most important question any of us will ever ask: How do we live a good life?

This beautiful journal has a lot of space in its 120 pages with lines, to record many beautiful moments and the thoughts and ideas of each day. Its practical format allows you to carry it in your bag or have it on hand on the nightstand. It is also a great idea for a birthday gift.

The Community Book Project
Ancient Wisdom from the Greek Philosophers on Living the Good Life

365 Days Gratitude Journal, Reflection, Thankful for Notebook, 3 Things to Be Grateful For, Amazing Things That Happened, Today’s Challenge, Gratitude Book for Women, Girl, Daughters, Teens

A Contemporary Socrates Looks at Power, Pleasure, Truth the Good Life

The Best Things in Life

Catch the Light

Living the good life doesn’t require a lot of money or even any faith. The Ten Golden Rules condenses the wisdom of the ancient Greeks into 10 memorable and easy-to-understand rules that, if lived by, can enable modern readers to have rich, meaningful lives. Each chapter examines a rule:1. Examine life2. Worry only about those things under your control3. Treasure friendship4. Experience true pleasure5. Master yourself6 A void excess7. Be a responsible human being8. Don’t be a prosperous fool9. Don’t do evil to others10. Kindness to others tends to be rewarded All chapters begin with a quote from one of the great Greek philosophers who inspired the rule, followed by a story or explanation of the rule and its importance in life, and end with teaching points on which to meditate and reflect. Any reader searching for meaning will return to this simple, slim volume again and again to find tried-and-true wisdom that spans the ages to speak to us today.

Kate and Dan have been married for thirty-two years. But they’ve grown apart through the years, and Kate feels she hardly knows Dan at all anymore. Kate finally opens up and embraces the challenges of honestly working through their problems. But Dan may have gone too far. His deception and neglect may be too much for Kate to bear. Rhonda Russell gives a close look at marriage in The Best Things in Life Are Free, a sequel to I Promise You the Moon. This installment will provide more insight into the lives of Kate and Dan along with their children, grandchildren, and friends. For some, God plays an important role, for others a slighter role, and for others, he plays no role at all. Discover the path each character will take in The Best Things in Life Are Free.

A love story perfect for fans of Nina LaCour and Jandy Nelson about a girl who moves cross country and finds herself falling for someone new who throws her whole life out of order. “Beautifully captured, like a photograph of a stolen moment. I ached for Marigold in her journey to move forward while not forgetting her past. Kate Sweeney’s Catch the Light overflows with grief, love, and growing up.”—Amy Spalding, bestselling author of We Used to Be Friends Nine months after the death of her father, Marigold is forced to pick up and move from sunny Los Angeles all the way across the country to rural upstate New York. According to her mom, living with her aunt in a big old house in the woods is the fresh start Marigold and her little sister need. But Mary aches for the things she’s leaving behind—her best friend, her older sister, her now-long-distance boyfriend, and the senior year that felt like her only chance at making things feel normal again. On top of everything, Mary has a troubling secret: she’s starting to forget her dad. The void he’s left in her memory is quickly getting filled with bonfires, house parties, and hours in the darkroom with Jesse, a fellow photographer and kindred spirit whom she can’t stop thinking about. As the beauty of Mary’s new world begins to sink in and her connection with Jesse grows stronger, she feels caught between her old life and her new one. Mary might just be losing her grip on the pieces of her life that she’s tried so hard to hold together. When the two finally come crashing together, Mary will have to decide what she really wants and come to terms with the ways that the loss of her dad has changed who she is. Even if she can’t hold on to her past forever, maybe she can choose what to keep.

The teacher guide accompanies the student activities books in macro and microeconomics for teaching collegelevel economics in AP Economics courses. The publication contains course outlines, unit plans, teaching instructions, and answers to the student activities and sample tests.

Virtue, Vice, and Value

The Best Things in Life Are Dreamed

The Costs of Living

The joyous Sunday Times bestseller to hug your heart

Nonfiction 2001-2014

Dear Dumb Diary #10: The Worst Things in Life Are Also Free

This book is about the spiritual evolution of man and how to establish the conditions necessary for the development of divine powers, in the same sense that a seed becomes a plant by the aid of the earth, water, air, and fire and the action of the invisible force. Learn and benefit from practical lessons to help develop and elevate conscious awareness through thought by observing and applying the laws of nature in your business and day-to-day life. Knowledge is knowing the facts; Wisdom is knowing what to do with the facts. Unless the most powerful weapons in the armory of thought by activating the spirit that is reclining in the depths of your soul. A monkey never releases a vine in its left hand until it has a vine in its right hand. This book shows five daysfive ways to becoming human2. It has uncommon pocket wisdom.

The longer things like food and sex The higher things like inner peace and self-actualization They’re all good Do you have them all? Maybe you do, But that would make you rare indeed If you don’t have them all You better read this book 30 pages

*From the New York Times bestselling author of The Seven Husbands of Evelyn Hugo A People Magazine Pick * US Weekly “Must” Pick * Named “Best Book of the Summer” by Glamour * Good Housekeeping * USA TODAY * Cosmopolitan * PopSugar * Working Mother * Bustle * Goodreads A breathtaking new novel about a young woman whose fate hinges on the choice she makes after bumping into an old flame; in alternating chapters, we see two possible scenarios unfold—with stunningly different results. At the age of twenty-nine, Hannah Martin still has no idea what she wants to do with her life. She has lived in six different cities and held countless meaningless jobs since graduating college. On the heels of leaving yet another city, Hannah moves back to her hometown of Los Angeles and takes up residence in her best friend Gabby’s guestroom. Shortly after getting back to town, Hannah goes out to a bar one night with Gabby and meets up with her high school boyfriend, Ethan. Just after midnight, Gabby asks Hannah if she’s ready to go. A moment later, Ethan offers to give her a ride later if she wants to stay. Hannah hesitates. What happens if she leaves with Gabby? What happens if she leaves with Ethan? In concurrent storylines, Hannah lives out the effects of each decision. Quickly, these parallel universes develop into radically different stories with large-scale consequences for Hannah, as well as the people around her. As the two alternate realities run their course, Maybe in Another Life raises questions about fate and true love: Is anything meant to be? How much in our life is determined by chance? And perhaps, most compellingly: Is there such a thing as a soul mate? Hannah believes there is. And, in both worlds, she believes she’s found him.*

Hurka’s book puts forth a comprehensive theoretical account of moral virtue and vice. More specifically, it gives an account of the intrinsic goodness of virtue, and intrinsic evil of vice, that can fit into a consequentialist moral theory.

20/20 Vision

The Best Things

A Life Transformed by the Dearly Departing

The Best Things in Life are Free

Massive Pissed Love

The Beginning of Ikon

The Best Things In Life by Rita Clay Estrada released on Jun 23, 1995 is available now for purchase.

This is a blank, lined humant’s journal that’s a perfect gag gift for women. Other features of this notebook include: 108 pages 6x9 inches Excellent and thick binding Durable white paper Matte finished cover This diary is a convenient and perfect size to carry anywhere for writing, journaling and note taking. If you would like an unlined journal, please take a look at our other products.

The Greatest Things in Life is an inspirational book with rhyming manuscript outlining many of life’s simple pleasures which are absolutely free. Illustrated with beautiful watercolor paintings, and written with a Christian perspective it is an encouraging and uplifting read that will delight people of all ages.

Peter Kreeff’s Socrates probes the contemporary values of success, power and pleasure.

Maybe in Another Life

Top Five Regrets of the Dying

Advanced Placement Economics

A Novel

How to Win Friends and Influence People

How Market Freedom Erodes the Best Things in Life

Revised edition of the best-selling memoir that has been read by over a million people worldwide with translations in 29 languages. After too many years of unfulfilling work, Bronnie Ware began searching for a job with heart. Despite having no formal qualifications or previous experience in the field, she found herself working in palliative care. During the time she spent tending to those who were dying, Bronnie’s life was transformed. Later, she wrote an Internet blog post, outlining the most common regrets that the people she had cared for had expressed. The post gained so much momentum that it was viewed by more than three million readers worldwide in its first year. At the request of many, Bronnie subsequently wrote a book, The Top Five Regrets of the Dying, to share her story. Bronnie has had a colourful and diverse life. By applying the lessons of those nearing their death to her own life, she developed an understanding that it is possible for everyone, if we make the right choices, to die with peace of mind. In this revised edition of the best-selling memoir that has been read by over a million people worldwide, with translations in 29 languages, Bronnie expresses how significant these regrets are and how we can positively address these issues while we still have the time. The Top Five Regrets of the Dying gives hope for a better world. It is a courageous, life-changing book that will leave you feeling more compassionate and inspired to live the life you are truly here to live.

The Best Things in Life are Free is packed full of money-saving tips for the global traveller. From parks, museums and exercise classes that are free, to insider ideas on food and experiences offered at great value, this book features over 60 major cities around the world and promises to help anyone on a budget to make the most of their trip.

Eddy is a little boy who has all sorts of funny adventures with his very silly bear.

? Each day has a Mood checker, 3 things you are grateful for, an amazing thing that happened today, today’s challenge ? matte cover ? 183 pages, so 366 days ? 6" x 9" (15.24 x 22.86cm) ? Makes a great gift for daughters, sons, mothers, fathers and best friends

25 Things That Really Matter in Life

The Best Things in Life Are the People You Love, the Places You Go, and the Memories You Make

Teacher Resource Manual

A Guide to What Really Matters

The Greatest Things in Life

You Deserve the Good Things in Life

25 Things That Really Matter In Life will help you identify your natural gifts and how to use them to feel better about yourself. Gary Johnson uses worksheets to outline the principles of Life Mastery to cleanse your mind of all the dysfunctional thoughts that have accumulated over the years. Practicing Life Mastery will allow you to develop yourself to be the best ?you? that you can can be for yourself, family and friends. Control the quality of your life by making 25 Things That Really Matter In Life a part of your daily living. This book was written for people who have some sense of needing to make changes in their life, but do not know how to do it.

We all value freedom, family, friends, work, education, health, and leisure—“the best things in life.” But the pressure we experience to chase the dollar in order to satisfy both the demands of the bottom line and the demands of our seemingly insatiable desire to consume are eroding these best things in life. Our children now value profit centers, not sports heroes. Our educational system is fast becoming nothing more than a financial investment where students are encouraged to expend more energy on making the grade than on learning about their world. Our business leaders are turning young idealists into cynics when they cut corners and explain that “everybody’s doing it.” The need to achieve in our careers intrudes so greatly on our personal world that we find ourselves weighing the “costs” of enjoying friendships rather than working. In this book, psychologist Barry Schwartz unravels how market freedom has insidiously expanded its reach into domains where it does not belong. He shows how this trend developed from a misguided application of the American value of individuality and self-pursuit, and how it was aided by our turning away from the basic social institutions that once offered traditional community values. These developments have left us within an overall framework for living where worth is measured entirely by usefulness in the marketplace. The more we allow market considerations to guide our lives, the more we will continue to incur the real costs of living, among them disappointment and loneliness.We all value freedom, family, friends, work, education, health, and leisure—“the best things in life.” But the pressure we experience to chase the dollar in order to satisfy both the demands of the bottom line and the demands of our seemingly insatiable desire to consume are eroding these best things in life. Our children now value profit centers, not sports heroes. Our educational system is fast becoming nothing more than a financial investment where students are encouraged to expend more energy on making the grade than on learning about their world. Our business leaders are turning young idealists into cynics when they cut corners and explain that “everybody’s doing it.” The need to achieve in our careers intrudes so greatly on our personal world that we find ourselves weighing the “costs” of enjoying friendships rather than working. In this book, psychologist Barry Schwartz unravels how market freedom has insidiously expanded its reach into domains where it does not belong. He shows how this trend developed from a misguided application of the American value of individuality and self-pursuit, and how it was aided by our turning away from the basic social institutions that once offered traditional community values. These developments have left us within an overall framework for living where worth is measured entirely by usefulness in the marketplace. The more we allow market considerations to guide our lives, the more we will continue to incur the real costs of living, among them disappointment and loneliness.

Explores how gratitude can work miracles in our lives, transforming negative, self-defeating thoughts into recognition of the gifts life has to offer. Teaches how to say thanks for the way things are and to recognize the lessons in every experience.

This cute journal is perfect for all your note taking, planning & organizing, self discovery writing, creative drawing & sketching, even dream journaling. Our notebooks and journals can be used for so many things like sketchbooks, travel journals, notebooks, memory books, diaries, writing journals, pet journals, scrapbooks... anything you can think off! Soft Cover Perfect Bound Glued Spine 120 pages Lined Journal

Paper Use as a Diary, Planner, Gratitude Journal or Blank Daily Journal

The Best Things in Life Are...EDIBLE!

Affirming the Good Things in Life

The Little Prince

A New Model of Positive Experience

The Good Things in Life: a Nurse’s Story of Connection

How to Get the Best Things in Life #reespeech

Bestselling author Jamie Kelly is back with an all-new, all-funny diary! But she has no idea that anybody is reading it. So please, please, please don’t tell her. School’s out for the summer, and that means no more Meat Loaf Thursdays, Sunday homework-cramming, or teachers (way way unsuccessfully) trying to act cool. It also means that certain Mackerel Middle Schoolers have a lot of time on their hands . . . and seriously empty pockets. Isabella is going to change all that. And Jamie and Angeline are going to help --- whether they like it or not. It’s the best kind of teamwork: When a whole bunch of people work together to do something wrong, instead of doing it wrong one at a time.

This journal can be used for writing poetry, jotting down your brilliant ideas, recording your accomplishments, and more. Use it as a diary or gratitude journal, a travel journal or to record your food intake or progress toward your fitness goals. The simple lined pages allow you to use it however you wish. Journals to write in offers a wide variety of journals, so keep one by your bedside as a dream journal, one in your car to record mileage and expenses, one by your computer for login names and passwords, and one in your purse or backpack to jot down random thoughts and inspirations throughout the day. Paper journals never need to be charged and no batteries are required. You only need your thoughts and dreams and something to write with. These journals also make wonderful gifts, so put a smile on someone’s face today. The The Best Things In Life Are Old Loved Rescued Thrifting Design is perfect for a thrifter and bargain hunter. Wear this thrifted retro outfit when you go on a flea market or in a second hand store. Do you feel stuck in life, not knowing how to make it more successful? Do you wish to become more popular? Are you craving to earn more? Do you wish to expand your horizon, earn new clients and win people over with your ideas? How to Win Friends and Influence People is a well-researched and comprehensive guide that will help you through these everyday problems and make success look easier. You can learn to expand your social circle, polish your skill set, find ways to put forward your thoughts more clearly, and build mental strength to counter all hurdles that you may come across on the path to success. Having helped millions of readers from the world over achieve their goals, the clearly listed techniques and principles will be the answers to all your questions.

From beloved author Lois Duncan comes a frightening novel about a group of students who set out to teach their malicious teacher a lesson – only to learn that one of them could be a killer. Mr. Griffin is the strictest teacher at Del Norte High, with a penchant for endless projects and humiliating students. Even straight-A student Susan can’t believe how mean he is to her crush, Dave, and to the charismatic Mark Kinney. So when Dave asks Susan to help a group of students teach Mr. Griffin a lesson of their own, she goes along with them. After all, it’s a harmless prank, right? But things don’t go according to plan. When one “accident” leads to another and people begin to die, Susan and her friends must face the awful truth: one of them is a killer.

The Great Songs of Deslyva, Brown & Henderson

THE BEST THINGS IN LIFE ARE FREE

The Best Things in Life Are Free

My Daily Happiness

The Best Things for a Full Life

The Good Things in Life Make You Fat, Drunk Or Pregnant

IT WAS WARM HUGS OF A READ FROM THE SUNDAY TIMES BESTSELLING AUTHOR AND BELOVED NATIONAL TREASURE MEL GIEDROYC ‘I enjoyed it HUGEY. A real treat’ MARIAN KEYES ‘A brilliant cast of characters and properly funny!’ GRAHAM NORTON ‘Funny and fresh. No soggy bottoms here’ CLARE MACKINTOSH _____ Sally Parker is struggling to find the hero inside herself. All she wants to do is lie down. Her husband Frank has lost his business, their home and their savings, in one fell swoop. Their bank cards are being declined. The children are running wild. And now the bailiffs are at the door. What does an ordinary woman do when the bottom falls out? Sally Parker is about to surprise everybody. Most of all herself. _____ SHORTLISTED FOR THE COMEDY WOMEN IN PRINT PRIZE 2021 ‘A warm contemporary fable bursting with colourful characters and comic energy’ DAILY MAIL. ‘Exactly like Mel herself: engaging, uproarious and gleeful. A stonking good read’ JO BRAND ‘This book is a riot! Delicious in its detail’ SOPHIE KINSELLA ‘A warm, honest and humorous look at a family and what really matters in life. Brimming with hilarious scenes, it is also a redemptive book, and one of hope’ WOMAN & HOME ‘Wonderfully warm and uplifting, full of unforgettable characters and so much heart’ RICHARD ROPER REAL READERS ADORE THE BEST THINGS...This book is everything I would have expected from the wonderful Mel Giedroyc. Funny and touching***** ‘A well written, warm hug of a read. Something much needed in these days of doom and gloom.’ I could hear Mel reading this book! Terrific characters. Very entertaining ***** ‘A lovely, warm cuddle of a book.’ One of the best things I’ve read this year. Please read it ***** ‘I felt like Mel was reading this into my ear. I was left with the warm fuzzys at the end’**** ‘Would make a brilliant film or sitcom. The Parker family are a chaotic, lovable bunch.’ I zipped through it with my own accompanying titter, the occasional chortle and the odd unladylike snort. A nice piece of escapism, so needed at this time ***** ‘Warm, interesting, clever and funny, as well as poignant at times. A brave heroine, a cast of strong characters and a page-turner of a story.’***** ‘Glorious storytelling, this is a rich comedic feast of domesticity. Excellent characters. Kept me gripped throughout.’*****

Richard Hell may best be known as a punk icon, a founding member of seminal bands Television, the Heartbreakers, and The Voidoids, but for decades he ’s been a prominent voice in American letters. Through his novels Go Now and Godlike, and his critically acclaimed autobiography, I Dreamed I Was a Very Clean Tramp, Hell has proven himself as a talented and insightful writer across many genres, in many forms. But one might argue that Richard ’ s true genius lies in shorter form as a writer on culture. “Love comes in spurts,” Hell once sang, and that could well describe the intensity of his penetrating and wickedly droll criticism. Massive Pissed Love is a collection of Hell ’ s ruminations on art, literature, and music, among other things, that ’ s like a candy box of reading treats, a bag of shiny marbles, a cabinet of mementos and uncanny fetishes. However one thinks of it, it ’ s a joy to read from start to finish and a deeply necessary addition to the oeuvre of one of the sharpest minds and sensibilities at work today.

Alibany Bound “The Birth of the Blues” “Black Bottom” (Here I Am) “Brokenhearted” “Do It Again” “I’ll Hold a Talking Picture of You” “I’m Flyin’ High” “It All Depends on You” “Just Imagine” “Lucky Day” “Lucky in Love” “My Sin” “You’re the Cream in My Coffee and more.

First published in 1943, The Little Prince by Antoine de Saint-Exup é ry has been translated into more than 250 languages, becoming a global phenomenon. The Sahara desert is the scenery of Little Prince ’ s story. The narrator ’ s plane has crashed there and he has scarcely some food and water to survive. Trying to comprehend what caused the crash, the Little Prince appears. The serious blonde little boy asks to draw him a sheep. The narrator consents to the strange fellow ’ s request. They soon become friends and the Little Prince informs the pilot that he is from a small planet, the asteroid 325, talks to him about the baobabs, his planet volcanoes and the mysterious rose that grew on his planet. He also talks to him about their friendship and the lie that evoked his journey to other planets. Often puzzled by the grown-ups ’ behavior, the little traveler becomes a total and eternal symbol of innocence and love, of responsibility and devotion. Through him we get to see how insightful children are and how grown-ups aren ’ t. Children use their heart to feel what ’ s really important, not the eyes. Heart-breaking, funny and thought-provoking, it is an enchanting and endlessly wise fable about the human condition and the power of imagination. A book about both childhood and adulthood, it can be read as a parable, a war story, a classic children’s fairy-tale, and many more things besides: The Little Prince is a book for everyone: after all, all grown-ups were children once.

Perfectionism

The Ten Golden Rules

Gratitude

The Best Things In Life Are Actually Really Expensive

Savoring

Killing Mr. Griffin

Garfield knows: “Diet” is a four-letter word. In this little book, the world’s favorite fat cat shares his philosophy of life: To thine own stomach be true.

The aim of “The Best Things in Life are Dreamed” is to incite a joy for reading and to encourage males to read with young boys, inspire them to dream and set goals to accomplish those dreams. The rhythmic verses make reading fun. The realistic watercolor illustrations by Ayushi Bandll warms the heart of young readers and enhances the experience of reading with loved ones.

Perfectionism is one of the leading moral vieds of the Western tradition. Defined broadly, it holds that what is right is whatever most promotes certain objective human goods such as knowledge, achievement, and deep personal relations.

In “Good Things for a Full Life,” Deb Hornell shares forty life lessons that have helped her build a satisfying life—spiritually, personally, professionally, and physically—and inspired her children, family, friends, and clients to do the same. Good Things for a Full Life will help you discover what a “full life” means to you and how you can be more intentional in creating that life for yourself.

The Best Things in Life Are Old Loved Rescued Thrifting Notebook

Power of Natural Intelligence and Conscious Energy Flow

It’s the Little Things in Life

A Blank Lined Journal

Blank Daily Writing Notebook Diary with Ruled Lines

Some of the Best Things in Life Happen Accidentally