

Download 100 Days Happier Daily Inspiration For Life Long Happiness

2. Recognize each day as a gift. “Each new day is a gift to us and the only appropriate response for this gift is gratefulness,” says Brother Steindl-Rast, a Catholic Benedictine monk in a beautiful video called A Good Day. Every day we wake up is a blessing because we are still here and can, if we choose, make the most of the day and enjoy life’s many pleasures. Studies have confirmed that people who smile a genuine smile (also referred to as a Duchenne smile) are happier in life. This is one of the best habits for allowing you to find emotional, mental ... “The life of every man is a diary in which he means to write one story, and writes another; and his humblest hour is when he compares the volume as it is with what he vowed to make it.” —J.M ... We promote the good news of a better life beyond America in the areas of dating, social relationships, self-esteem, physical health and food, lower cost of living, freedom to be yourself, and much more! We inspire people to discover friendlier saner cultures and people, sweeter foreign women, social connection, authentic people, lower cost of living, healthier living and greater freedoms.