



Life is Sweet: 333 Ways to Look on the Bright Side and Find the Happiness in Front of You

Addie Johnson

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From Harvard classrooms to your grandma's kitchen table--everybody is getting on the look on the brightside bandwagon. If you need to know, there's a ton of medical research to back it up, but people who appreciate where their bread is buttered and how sweet the jam on their toast is--well they're healthier, they live longer, they're usually more successful--although they may not define success as having the most marbles, and for sure other people want to spend more time around them. Addie Johnson calls Life Is Sweet her scrapbook, in which she's gathered stories that struck her--things that made her happy in the seeing or experience and in the remembering. And bits she's read. And quotes. People, stories, kids and animals, stuff/no stuff (aka all or nothing), achievements achieved and unpleasant tasks done, laughing (snickering, giggling, guffawing, wetting your pants) health or progress toward it---all are fodder for happiness. Life is sweet and creamy--yes your life and yours and yours and yours--if you just look at what's in front of your face.

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Annette Carroll:

People live in this new morning of lifestyle always aim to and must have the spare time or they will get lot of stress from both way of life and work. So , once we ask do people have time, we will say absolutely without a doubt. People is human not really a robot. Then we question again, what kind of activity are there when the spare time coming to a person of course your answer will certainly unlimited right. Then do you try this one, reading ebooks. It can be your alternative throughout spending your spare time, the particular book you have read is usually Life is Sweet: 333 Ways to Look on the Bright Side and Find the Happiness in Front of You.

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Willie Randolph:

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