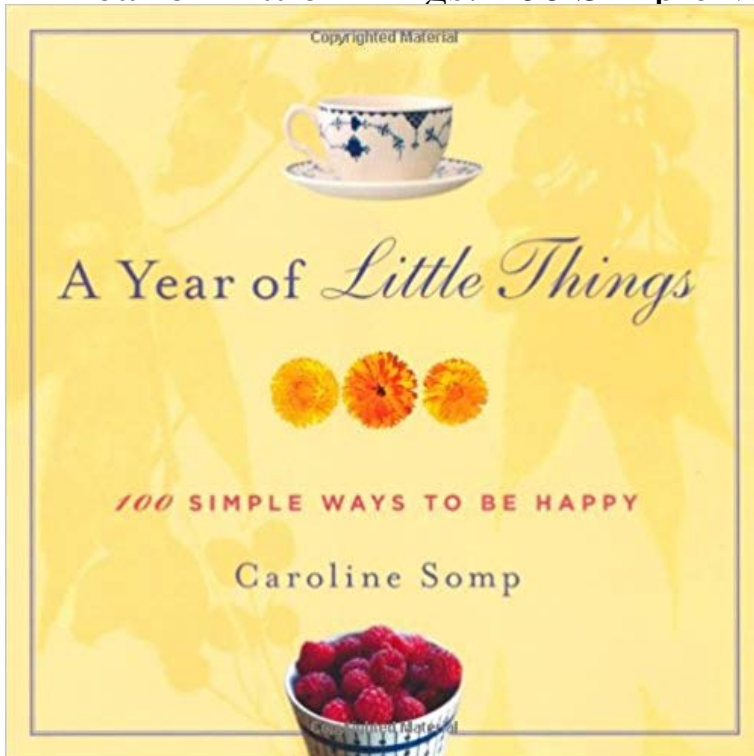


A Year of Little Things: 100 Simple Ways to Be Happy



A Year of Little Things is a gentle guide to making every moment count, inviting you to slow down and embrace the simple pleasures of daily life. Beautifully illustrated with evocative photographs inspired by the seasons, here are fulfilling ideas and activities to help you get back in touch with nature's rhythms, indulge your senses, and explore opportunities to live deliberately. Some are as simple as cherishing small things---such as touching sunlight to revel in its warmth in winter, singing to yourself during mundane chores, stargazing on a mild summer night---and some are more daring, such as embracing the spontaneous, staying up all night, lending a hand to a stranger in need, or sending an unexpected present. Blissful and uplifting experiences are always close at hand, you just need to reach out for them. So when life gets to be too much, let A Year of Little Things inspire you to savor special moments and celebrate the joy to be found in an ordinary day all year long.

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