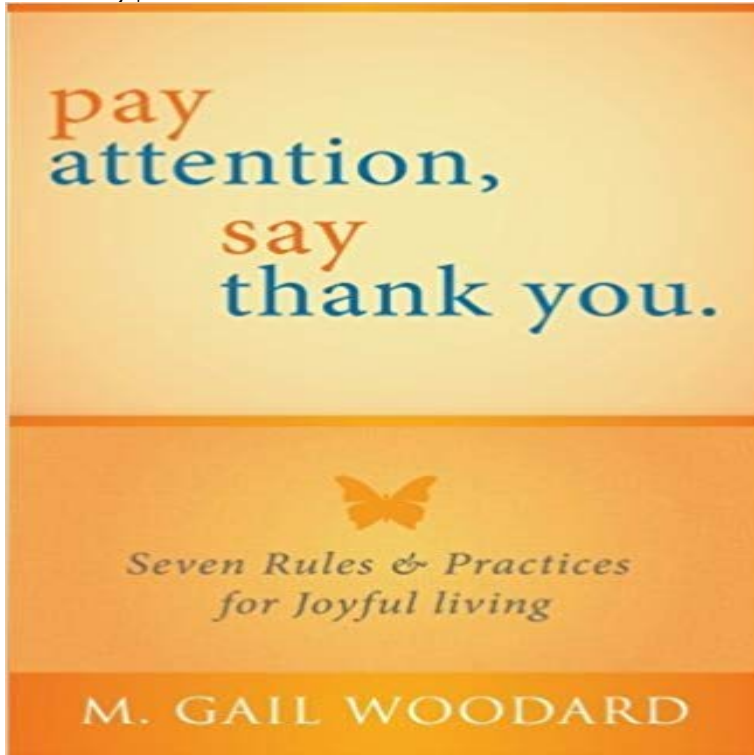


# Pay Attention, Say Thank You: Seven Rules & Practices for Joyful Living



A life of fun, magic and love is within everyone's reach. Learn how to change your life, beginning today, to feel wonderful all the time. Learn to live lightly and playfully. Choose how much happiness you want in every moment. These seven tools and practices bring joyful living to anyone.

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