



# How to Make Every Hour in Your Life - Happy Hour!: Welcome to the 24/7 World of Personal Happiness

*Jim Gentil*

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How to Make Every Hour in Your Life – Happy Hour by adding the following to your daily routine.

HUMOR – comedy, wit, the funny side, hilarity, ATTITUDE – outlook, manner, stance, position, mind-set

PASSION – fervor, excitement, enthusiasm, zeal, delight PERSISTENCE – determination, diligence,

perseverance YOUNG AT HEART – childlike thinking and action HEALTH – fitness, wellbeing, strength,

vigor, shape OPTIMISM – cheerfulness, confidence, happiness UPBEAT – positive, cheerful, optimistic,

buoyant, jovial REJUVENATE – invigorate, revive, refresh, renew, restore This book will provide a plan for achieving happiness by getting a sense of humor, acquiring a healthy life style and stretching your potential.

It shows you many ways to change your life by adopting unique steps to motivate you to accomplishing your goals of making every hour in your life – Happy Hour! Remember life is so very short and we never know which day will be our last. So live each day in the fullest way and leave your personal legacy of living a happier life to those you love and cherish.

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