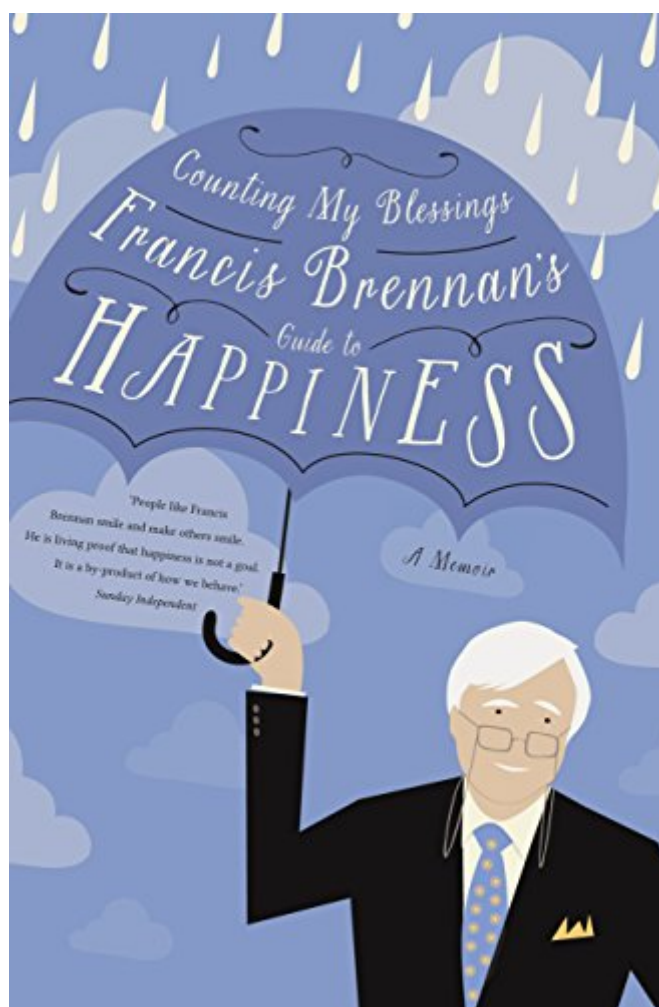


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# Counting My Blessings - Francis Brennan's Guide To Happiness: How To Make The Most Of What Life Throws At You



## Synopsis

Francis Brennan is back â€” to spread a little happiness! â€” Life can deal us any kind of hand, good or bad. Often itâ€™s a bit of both, and the only difference is what we make of it. Thatâ€™s the subject of this book â€” how we handle what life throws at us and how we learn to make the most of it. In short, itâ€™s a book about happiness. â€” Full of warm and witty anecdotes, Francis Brennan shares his memories while letting us in on the secret to his success â€” his belief in happiness. By counting his blessings â€” such as his childhood, family, friendships, career, travel, spirituality, home life and public life â€” he outlines what matters to him and what has sustained him in life, and shows how learning to be happy is the most important gift you can give yourself. By sharing how he has dealt with the ups and downs of life, Francis Brennan proves that happiness is something you choose, rather than something that chooses you.

Counting Your Blessings: Table of Contents  
Introduction  
Family Matters  
Overcoming Challenges  
Work, Glorious Work  
Park Life  
Living in the Limelight  
Travel Broadens the Mind  
A Hug Goes a Long Way  
A Few of My Favourite Things

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## Customer Reviews

A real feel good book to read. Loved the way Francis can feel grateful for every small thing in his life. It has made me think more positive

Love the book, and I'm crazy about hotelier Francis Brennan. He is one of the funniest people in the world, and he makes you feel good just to say hello. Good craic!

Disappointed with this book, not what I expected

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