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Life 101: A Philosophy for Happiness (Paperback)

By Mark S Vian

iUniverse, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Our lives become so filled with stress and activities; we sometimes forget the little wonders of joy that fill our day. We become so entangled in stuff that we may miss the realization that life is a gift. In Life 101, Mark S. Vian inspires us to reflect on our existence. Vian encourages us to stop and think about our chosen place in life, both in the past and in the present. Only we can make the decision to live happy and fulfilling lives. No matter what has happened in the past, our perspective of life and the future should become our focus and ultimate reality. The many poems, inspirational quotes, and readings carry positive messages of hope and encouragement. The title poem summarizes the book's theme of living life fully: Life blossoms for those who seek expression/goodness, and fulfillment/Life flounders for those who, in their arrogance/feel life owes them expression, goodness, and fulfillment. In today's world of high expectations and differing perspectives of right and wrong, society is starving for a simpler and more understanding life. The messages in Life...



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Reviews

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