



Enjoy Life-Today (Volume 1)

L. Greg Smith

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ENJOY LIFE TODAY is an invigoratingly fresh look at the often overlooked notion of enjoying all that you do and being happy. The author has captured some of the most essential elements in today's world – living in the moment, enjoying what you do, helping others, and being happy. The intention of this unique tool is not to create a new law, a new mindset or set, of new ideas, but rather to gather and share information to enlighten and inspire people to remember that enjoying life is a fundamental part of life and being happy. If at any time one feels the depletion of their positive energy, they can use this book as a resource to instantly and consistently motivate them to make enjoyment a primary focus and act in their daily life. Each example of enjoyment, that the author has been privileged to share, provides significant tangible and intangible returns that fill the reader's spirit and soul, and hopefully makes them want to live in the moment, reflect, and enjoy life each day. The book supports the philosophy that despite life's temporary adversity and through enjoyment of all that is experienced, no one should claim to be perfect, but seek perfect harmony to achieve the balance from within through enjoyment, in order to enable society to live a life full of abundance and happiness. During the journey through life, it is essential to look back, reflect on each moment, each action, the humanity, and willingness to help and give unconditionally, and the ability to receive with sincere appreciation and deep gratitude.

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