



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

*M. Gail Woodard*

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**Pay Attention, Say Thank You: Seven Rules & Practices for Joyful Living** M. Gail Woodard

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

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