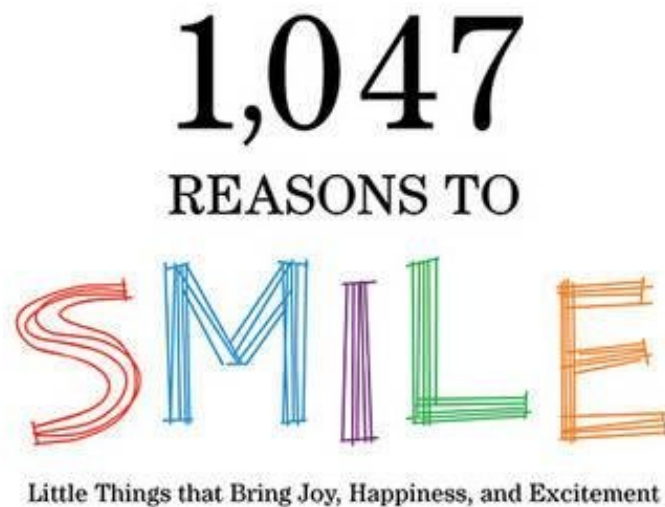


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1,047 Reasons to Smile: Little Things that Bring Joy, Happiness, and Excitement

Elizabeth Dutton

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Smiling has been shown to relieve stress, boost the immune system, release endorphins, and even make us more attractive. It's the natural drug. Whether it's the sight of baby animals wrestling each other or watching pigeons fight

over a Cheeto, there are more than enough funny, silly, and downright weird reasons to put a smile on your face inside this little book of joy, including: When the person in the next lane lets you ahead of them in heavy traffic When you finally get back into your own bed after being away from home You check the calendar on a Friday and realize that Monday is a holiday In our overworked, overstressed day to day life, it's difficult to find time to relax and enjoy the simple, little things in life. These simple little things that make us smile keep us going throughout the day and motivate us to carry on when things may seem difficult. With this book, you won't have to look far to find these simple pleasures. So put down the Xanax and grab yourself a copy of 1,047 Reasons to Smile.

About the Author Elizabeth Dutton was born and raised in California. She received her Master's Degree in Creative Writing from the University of Glasgow in Scotland. She currently resides in the rural South.