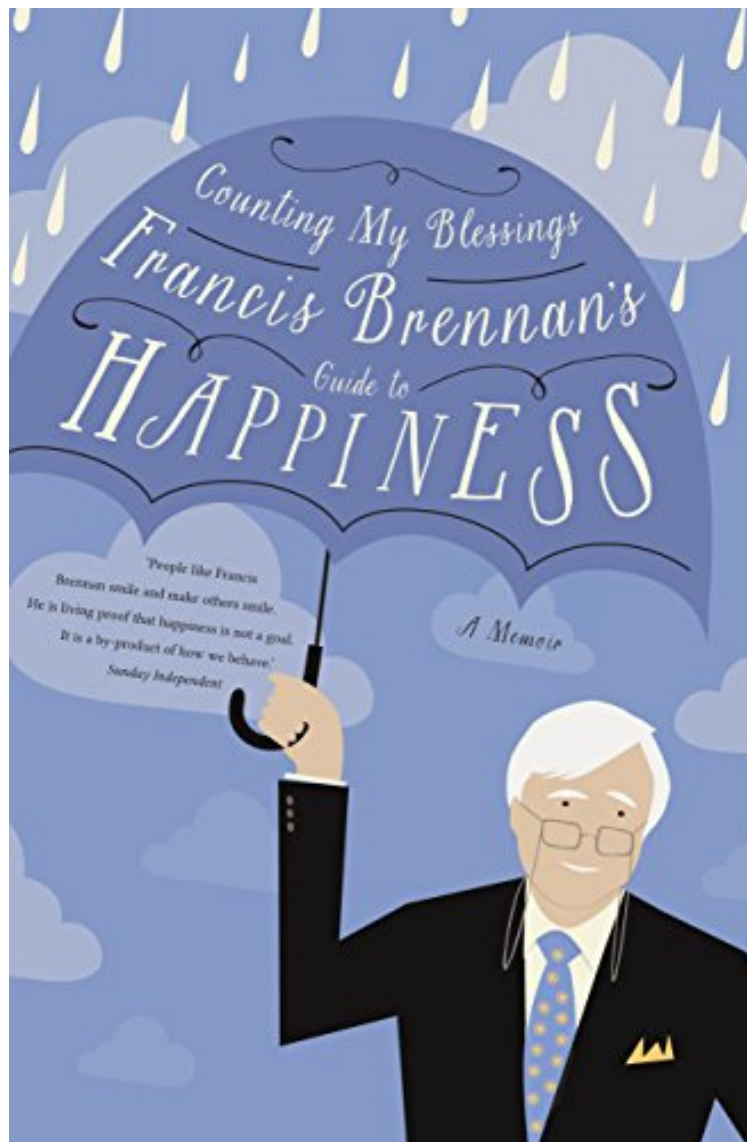


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1 of 1 people found the following review helpful. A great book to read if you have the winter blues
By Catherine Brady
A real feel good book to read. Loved the way Francis can feel grateful for every small thing in his life. It has made me think more positive
0 of 0 people found the following review helpful. Four Stars
By Linda Walsh
As always very entertaining great reading
0 of 1 people found the following review helpful. Two Stars
By Margaret Grogan
Disappointed with this book, not what I expected

Francis Brennan is back – to spread a little happiness! Life can deal us any kind of hand, good or bad. Often it's a bit of both, and the only difference is what we make of it. That's the subject of this book – how we handle what life throws at us and how we learn to make the most of it. In short, it's a book about happiness. Full of warm and witty anecdotes, Francis Brennan shares his memories while letting us in on the secret to his success – his belief in happiness. By counting his blessings – such as his childhood, family, friendships, career, travel, spirituality, home life and public life – 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.
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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

About the Author
Francis Brennan is co-owner of the five-star Park Hotel Kenmare in Co. Kerry. Together with his brother John, he has been showing hospitality businesses how to thrive as part of the RTE series At Your Service since 2008. He is the bestselling author of It's the Little Things.