

Rich London

From: Richard London [rlondon@AHandbookForLife.com@mail74.atl11.rsgsv.net] on behalf of Richard London [rlondon@AHandbookForLife.com]
Sent: Sunday, September 28, 2014 8:00 AM
To: =?utf-8?Q??=
Subject: A message from Richard London - How Can You Enjoy Every Day?

Bimonthly Newsletter from Richard London and A Handbook for Life

Is this email not displaying correctly?
[View it in your browser.](#)

A HANDBOOK *for* LIFE

It's my pleasure to present you with this issue of my bimonthly newsletter. This complimentary electronic newsletter will provide you with hints and tips on how to deal with the obstacles and stressors in your life. I know that you will find it beneficial.

Richard London
www.AHandbookForLife.com

How Can You Enjoy Every Day?



We all have stresses and pressures in our lives. The pressures can get so bad and we can be so overwhelmed that we don't know what to do. According to the American Institute of Stress (Yes, there is such an organization.) 3 out of 4 doctor's visits are for stress related ailments and **stress is the cause of 60% of all human illness and disease.**

I have a secret that you can use to better cope with the problems you face, reduce stress, and actually enjoy every day. It's a tool that you can use anytime and anywhere to make every day less stressful, more productive, and more enjoyable. What is it you ask? It's called laughter and it's one of the most powerful tools you can use to fight stress, be happier and healthier.

According to doctors at the Mayo Clinic when you start to laugh, it doesn't just lighten your load mentally, it actually induces positive physical changes in your body. They say that the long term effects of laughter are to improve your immune system, relieve pain, and make it easier to cope with difficult situations. Improve your immune system? That's the Mayo Clinic talking!

You don't think that you can just decide to laugh at your problems? I agree that life can be hard, but no one ever promised that it would be easy. You must understand that your attitude about life is a decision that is totally under your control.

Benjamin Franklin said, "The Constitution only gives people the right to pursue happiness. You have to catch it yourself." And, Abraham Lincoln said that, "Most people are about as happy as they make up their minds to be." Make up your mind to enjoy every minute of every day. Bring happiness and laughter into every day of your life.

Remember that every bad thing that happens to you today will be in the past at some point in time. Ask yourself if you'll still be stressing over today's problems six months or a year from now. I think you'll realize that most problems are temporary.

Get a reputation with your friends as being the most fun person they

know. Be the funny, happy person that they want to be with. It will not only make your days brighter it will make them smile at the same time.

What's the down side of this new attitude? In my opinion there is none. You'll be happier, you'll improve your health, and be less stressed. People will want to be around you more.

I want to give you a reason to try this new attitude in your life by giving you a copy of my audio CD *Enjoying Every Day*. Here's how you can get it: Make a commitment for the next five days to greet everyone with a smile, when you face a stressful situation ask yourself if it will really matter in six months, and train yourself to be grateful for what you have. Then send me an email at rlondon@AHandbookForLife.com and tell me that you want to be entered in the drawing for my CD. The winner will be chosen on Friday October 3rd.

Try it. You have nothing to lose except your stress.

Warm Regards,

Richard London

www.AHandbookForLife.com

Feel free to share this newsletter with others.

If you're not on the list sign up at www.ahandbookforlife.com/ezine

*Copyright © 2014 A Handbook for Life Seminars,
All rights reserved.*

Our mailing address is:

A Handbook for Life Seminars
PO Box 184
Matthews, NC 28105

[Add us to your address book](#)

MailChimp

[unsubscribe from this list](#) | [update subscription preferences](#) | [view email in browser](#)