



Small Pleasures to Save Your Life (Paperback)

By Maeve Haran

Hay House UK Ltd, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. Good bread, warm towels, crisp mornings, girls nights out, eating the froth on the cappuccino: these are the ordinary pleasures that make life worth living. Yet sometimes other things in our lives can be so overwhelming that we forget their healing power. In this inspiring book, bestselling author Maeve Haran describes how the little things in life can prove to be the most satisfying. Swapping jokes with a shopkeeper or getting a smile from another driver when you let them into the traffic makes you feel better about yourself than any self-help book. Small Pleasures to Save Your Life celebrates hundreds of everyday delights, all designed to remind us how joyous life is.



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