



# The Positively Present Guide to Life: How to Make the Most of Every Moment

*Dani DiPirro*

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## **The Positively Present Guide to Life: How to Make the Most of Every Moment** Dani DiPirro

Written by positivity blogger Dani DiPirro, whose life transformed when she decided to focus on living a more positive and present life, this inspirational new two-colour book expands on Dani's highly popular "Positively Present" blog entries, providing specific, action-oriented advice for embracing positive thinking in everyday life in order to: create a nurturing home, build a fulfilling career, develop great relationships, appreciate true love and embrace change.

Central to the book's appeal are 30 practical activities relating to the key themes of home, work, friendship, love and change, which form the five main chapters in the book. Alongside motivating lists and special features such a list of "Positivity Principles" and suggestions of "52 Ways to Live in the Moment", the activities provide a "positivity program" that can be done in sequence or on a dip-in basis to help readers achieve an all-round happier, more fulfilled life.

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