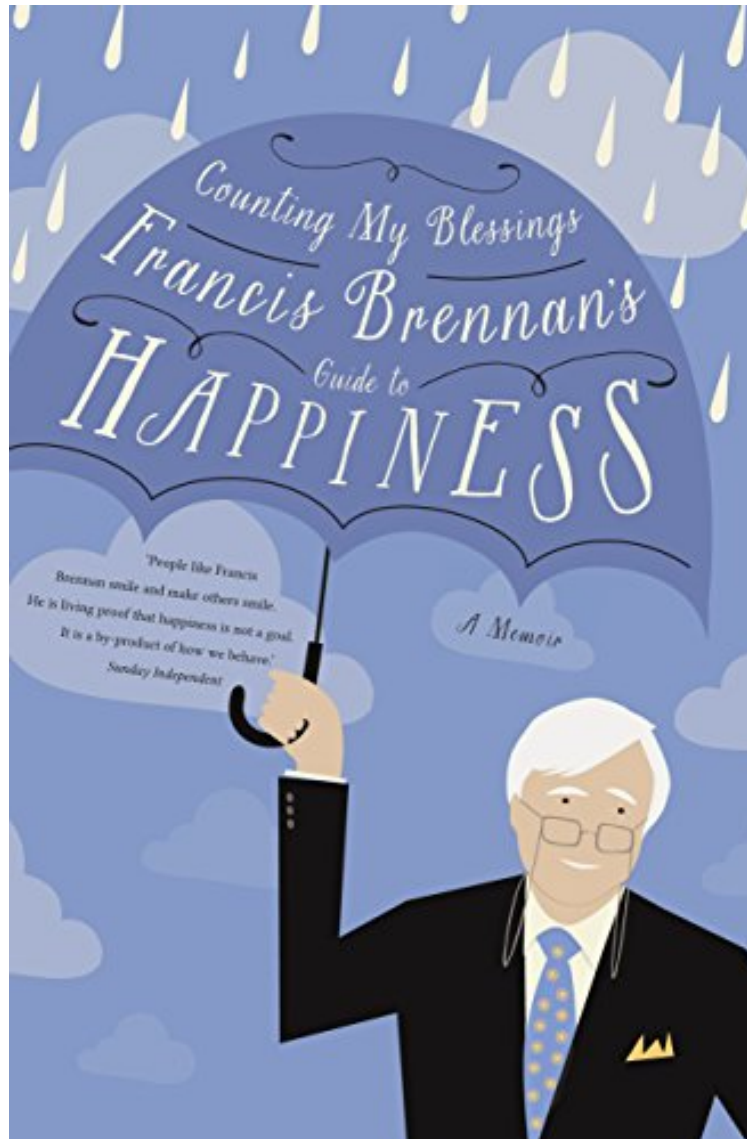


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## Counting My Blessings ndash; Francis Brennan's Guide to Happiness: How to Make the Most of What Life Throws at You

Francis Brennan

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Francis Brennan is back ndash; 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 ndash; 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 ndash; his belief in happiness. By counting his blessings ndash; such as his childhood, family, friendships, career, travel, spirituality, home life and public life ndash; 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. Counting Your Blessings: Table of Contents Introduction 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.