



Be Happy and Live Long

G. Francis Xavier

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Be Happy and Live Long G. Francis Xavier
Manage Your Stress and Time, Happily!

Do you see your life as a half-empty or half-full bottle? Do you wish to lead a fuller, happier life by freeing up more time?

Walk through some simple yet eye-opening lessons on living a happy, stress-free life. Giving deep insights into the art of living joyfully, *Be Happy and Live Long* contains short stories with meaningful messages to help you identify with your innermost self.

Learn techniques for:

- total relaxation
- boosting your brain power
- generating strong energy flow
- managing stress-related diseases

Also, learn the powerful effects of meditation and exercise for a healthy and productive life.

Be Happy and Live Long is a must read on everyday motivation using awareness and positivity. Excel for personal fulfilment and professional success, no matter what walk of life you come from.

Dr. G. Francis Xavier is a trainer and author of international repute. With a doctorate in self-improvement, he has worked in prestigious capacities at several educational institutions across India. He now conducts the popular Trainers' Training Program, both in India and abroad. Dr. Xavier is the author of more than 15 books on diverse subjects. His inspirational stories have been translated into eight Indian languages.

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