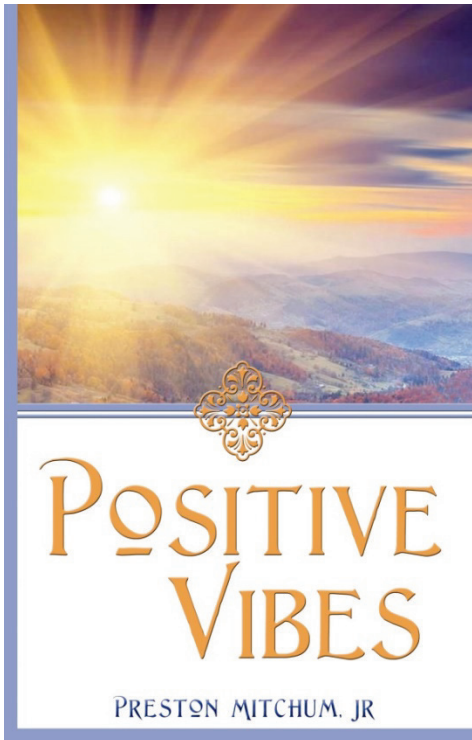


POSITIVE VIBES – daily inspirational messages



GENRE: Daily Inspirational Messages

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It's a known fact that a smile releases endorphins, which improve your mood, helps you relax, and lowers your blood pressure. Smiling is good for your health and so is Positive Thinking.

When you find the positive's in life, focusing on the bright side, seeking happiness and believing in yourself, you in turn send positive vibes into the world. Others around you can feel your positive energy, and this in turn helps them - a Positive aspect to your Positive Vibes.

This book helps you focus on the good situations in your life, and the gifts you are given each day. Feel grateful for a sunny day. Appreciate the life giving water when it rains. Stop to appreciate the wonderful beauty this world has to offer, and laugh whenever you can.



PRESTON MITCHUM, JR. has dedicated his life to giving back and making a difference. Mitchum is a graduate of Towson State University where he took his love for video and became an 18 year veteran news photographer for WMAR-TV in Baltimore, Maryland.

He is also the founder of the PMJ Foundation; impacting families through programs and services that offer positive growth. His Career Awareness Project (CAP) after-school program brings the professional world to the classroom, where volunteers engage with at-risk youth to explore the infinite possibilities of college and career choices.

A portion of the proceeds will support this program.

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