

## *Smile! One Pager*

***Smile!*** The simple act of smiling has profound and magical powers. Full of contemporary research and interviews, this book will change your life in the most positive and life-giving way. Get ready to be inspired by the dramatic and beneficial effects of smiling in your life. *Smile!* is a “must read” and a “must give to friends” for mind-body-and-spirit. Drawn from medicine, psychology and global research, and centuries of insights as well as common sense, *Smile!* is a book-of-the-century voyage into that place you love to be.

*“This book of smile photographs is very uplifting! Smile! comes at a time when life is full of pain and anguish. Smiles are good for the heart and for peace. It is essential for everyone not only to possess a copy but to read it and spread the smiles far and wide around the world.”*—Arun Gandhi (grandson of Mahatma Gandhi), Founder/President, Mahatma Gandhi Institute for Nonviolence.

Your smile can spread a global wave of responding smiles that wonderfully transform your life and make you a world-wide smile ambassador. Realizing the power of the human smile to empower and bring happiness and co-operation opens the door to many solutions in your world. Despite the seeming simplicity of the smile, its power is time-tested. If one thread runs through all of history, it is that smiles can create harmony and peace and love. Clinical research as well as medical and psychological studies show that a smile can enliven you— the smiler— and the person you generously offer a smile to. Don’t underestimate the power of a smile to create a new world of truly reliable and practical transformations in your body and mind and in society worldwide. Now more than ever, a smile brings the greatest amount of health and happiness and joy, as well as optimum dynamic peak states, to you and those you smile at.

Even the simple act of seeing a photograph of a smiling face, regardless of creed or nationality or culture, can bring a smile to your face and an inner biological transformation and reciprocal resounding of that beneficial state in all that catch this smile “virus” and spread it around in an endless chain of exponential expansion globally.

*“Smile! is a wonderful little book with much to say about a little device—the simple act of smiling. It can literally change one’s life over night. We need more information of this kind in our world.”* —Neale Donald Walsch, author of *Conversations with God*.

*“A genuine loving smile gives us hope and health and freshness. If we want a genuine Smile, then first we must produce the basis for a Smile to come. Your Smile will bring healing to others and yourself.”* —His Holiness the Dalai Lama Tenzin Gyatso.

Now more than ever, you and your friends and family and the entire planet can benefit from the profoundly effective and seemingly magical effects your smile can generate, inside and out. It takes so little and it creates so much goodness and healing. As you read the pages of this radiant gem of a book, your spirit will remember a time when the most important things in life were free and easy. Return there with *Smile!*

*“I travel around the world and from many people that I encounter, one of the most frequent questions that is asked is: ‘If you were to choose a place to live or to visit next, where would you like for it to be?’ Each time, I feel that it is not the place that makes it wonderful, but the smiling people that I meet in these places that I visit. The good energy and smiles that I receive from people when I visit places is what I remember the most. When I think about all the people that I have met, I wonder how many **smiles** I have encountered. No matter how beautiful the land is, if there are no **smiles**—I do not want to go, and vice versa. **Smile** and good HADO...this is what makes my work worthwhile and I feel that I am contributing towards a more peaceful world.”* —Dr. Masaru Emoto, author of *Messages from Water*.

*“A book of smiles is a gift to everyone, for as someone said, ‘Everyone smiles in the same language.’ From research we have conducted at the Institute of HeartMath, we know that a genuine smile, while shown on the face, emanates from the heart and is an expression of our complete inner and outer selves. This collection of Smiles should gladden everyone’s heart—and thus lead to more smiles!”* —Rollin McCraty, Director of Research, The Institute of HeartMath.

Read the book *Smile!* and smile!