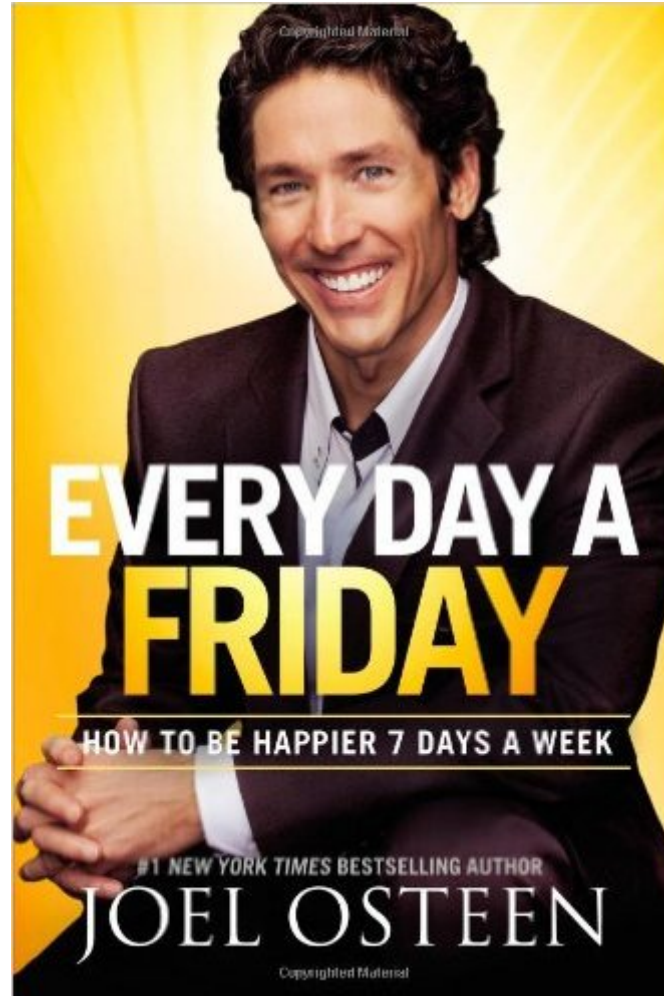


The book was found

# Every Day A Friday: How To Be Happier 7 Days A Week



## Synopsis

The title comes from research that shows people are happiest on Fridays. Pastor Joel Osteen writes how we can generate this level of contentment and joy every day of the week. Known as a man who maintains a constant positive outlook in spite of circumstances, Osteen has described this message as a core theme of his ministry. Combining his personal experiences with scriptural insights and principles for true happiness, he shows readers how every day can hold the same promise and opportunities for pure joy that they experience at five o'clock on Friday.

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (609 customer reviews)

Best Sellers Rank: #138,408 in Books (See Top 100 in Books) #18 in [Books > Cookbooks, Food & Wine > Asian Cooking > Thai](#) #780 in [Books > Christian Books & Bibles > Christian Living > Self Help](#) #963 in [Books > Christian Books & Bibles > Christian Living > Personal Growth](#)

## Customer Reviews

In Every Day A Friday, Joel Osteen has seen that most people become happy and joyful on Fridays. But throughout the week we are counting down the days to happiness on Friday. The book is based off a study that has found that happiness increased 10 percent more on Fridays. We tend to be waiting to be happy for the weekend and we are missing out on the rest of the days of the week. We are supposed to enjoy our lives every single day. A significant key we must realize is we don't have to give away our power to the economy, rude bosses or customers, traffic, and any other circumstances that are beyond our control. We must change our perspective and focus on the positive and not dwell on the negative. A kind encouraging word can break down the wall barriers around our heart. Osteen believes in reaching out to the hurting and loving them into they are whole again! A kind word can heal souls!The book is divided into seven important parts:-Don't Give Away Your Power-Know What to Ignore-Live Without Crutches-Travel Light-Laugh Often-Be a Dream Releaser-Celebrate YourselfMy favorite stories that changed my life were the story about trying to

drive a SUV at the Indianapolis race track. You have to run the race the way God created you to be! The second story that spoke to me was a kid named Joey that was trying to copy everyone else and all he had to be was stop and be himself. I won't post the stories because they are so good you need to read them for yourself. They will help you realize that God loves you just the way you are. He chose you! One of my favorite quotes is: "Our churches should not be museums to display perfect people. They should be hospitals to help the hurting and the lonely" (186).

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