



Uplifting One Life at a Time

Mary Banos

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Everyone can make a difference in the lives of others. Around you are various people – family, friends, co-workers, customers, acquaintances, and strangers who we encounter. Sharing a smile can ignite smiles from others. Giving a compliment to someone can uplift their day. Listening to someone who simply needs a person to hear them can lighten the weight of their burdens. Spending time with someone who is lonely can nurture their lives.

What can you do? Who do you encounter in your day that may be in need of a smile or kind word? How many lives around you could be uplifted in just a moment by you taking the time to meet a need? Is there someone who could feel inspired just by you noticing them, and spending a moment with them?

Take a moment to look around. You can make a difference. The opportunities are there. Do you see them?

Uplifting One Life at a Time Details

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Nereyda leon says

Mary Banos is inspirational. Her story is touching, and puts many positive perspectives of hope and change into the readers mind. We are all able to make a positive difference, in our life's and in the people we encounter day by day. Believing in our selves and having faith is the first step into reaching all the opportunities life has to give.

Nereyda

Stenedria says

I received this book for free through a GoodReads giveaway. Never had I read a novel that made me think about how I live my life. I was smiling and crying with tears of understanding throughout the entire novel. This is thoughtful, emotional, beautiful, and breathtaking all in one. The way that the book is written makes you feel like the author is right in front of you teaching you the ways a person can affect another. The author went above and beyond in this novel. I highly recommend this book for anyone and everyone.
