

# Book Overview



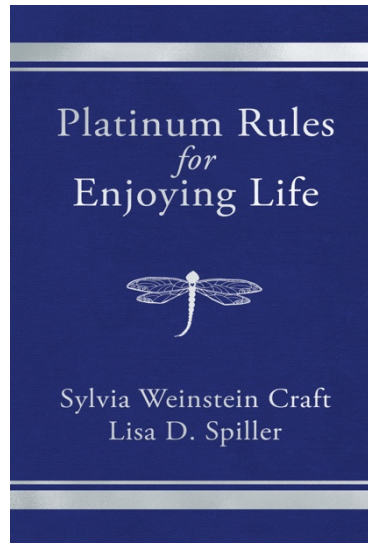
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Personal Growth / Happiness

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## PRE-ORDER AT:

- BarnesandNoble.com
- Target.com
- Goodreads.com
- ThriftBooks.com
- BooksAMillion.com
- Amazon.com

## BRIEF DESCRIPTION

*Platinum Rules for Enjoying Life* provides priceless advice to help you slow down, reflect, grow, spend your precious time more wisely, build strong relationships, look after your physical and mental health, and savor each season. With 40 thought-provoking takeaways that empower you to live each day with serenity and balance, you'll be able to embrace each moment with a newfound clarity, depth and purpose.

*Platinum Rules for Enjoying Life* will help you to create a life of significance...even in this modern, demanding, fast-paced world...by providing inspiring and timeless guidance on how to fully appreciate life and make the most of each moment.

## ABOUT THE AUTHORS

**Sylvia Weinstein Craft** is publisher and editor of *Oyster Pointer*, an award-winning feature newspaper and primary source of "good news" information for the city of Newport News.

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Sylvia and Lisa

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## SELECT ENDORSEMENT EXCERPTS

Short, concise, and ripe for immediate application. These nourishing morsels are the perfect appetizer for living a life that is rich with purpose and fulfillment.

—**Dan Miller**, *New York Times* best-selling author of *48 Days to the Work You Love*

*Platinum Rules for Enjoying Life* is the quintessential playbook to a lifetime of positive experiences. The book will lead you to be your BEST self, while having fun on the journey.

—**Julia Fox Garrison**, motivational speaker and best-selling author of *Don't Leave Me This Way*

These platinum rules will help all of us be more flexible, positive, and content, valuing relationships, serving others, and finding our purpose. I thoroughly enjoyed this impactful book and hope you will too!

—**Rosemary Tribble**, founder of Fear 2 Freedom, former First Lady of Christopher Newport University, and award-winning author of *Fear to Freedom*