



My Little Book
of
Positivity

Jenny Ford

My Little Book of Positivity

Jenny Ford

ISBN: 978-1-912243-67-9

Published By

The Endless Bookcase Ltd
Suite 14, Stanta Business Centre,
3 Soothouse Spring, St Albans, AL3 6PF,
United Kingdom
www.theendlessbookcase.com

Copyright© 2019 Jenny Ford

e-Edition

Available in multiple e-book formats.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the copyright owner. Under no circumstances may any part of this book be photocopied for resale.

Cover credited to:

Copyright© 2015 Toula Mavridou-Messer
<https://mavridoumesserart.wixsite.com/mysite>

Acknowledgements

A big thank you to my family and friends for their continuous love and support on my journey. And to you the reader, to whom I am so truly grateful.

If you find these positive messages inspiring and uplifting I would love to hear from you. Please leave your feedback at the retailer you purchased from, or email me at:

info@jennyfordauthor.com

Love and blessings

About the author

After a dramatic career change when diagnosed with Multiple Sclerosis, Jenny's life took a complete turnaround. Forced to give up her very successful business as a beauty therapist in her home town of Hertfordshire, in the UK, Jenny had no idea that she would end up becoming an author. Jenny says;



'No one was more surprised than me when I wrote my first book. I had no interest in writing at all, not even as a child. I literally just fell into it and it has now become my passion. I guess you could say I was Divinely Guided!'

‘Through the process of writing, I have been extremely blessed to have written several books, even a play. I am a strong believer that ‘everything happens for a reason’ and truly believe that without the knocks and challenges, I certainly wouldn’t be where I am today! The main focus of my writing is positivity – I love writing things that make people smile. I am continually inspired and gain motivation by the different people that I meet every day, which drives me to be the best that I can.

I feel so blessed, grateful, and thankful for the life I have.

Take time to be silent and still

Take time to rest and reflect

Take time to be the true you

*Not what you think people
expect*

When you speak your truth

Feel your truth

And be your truth

Others will follow their truth