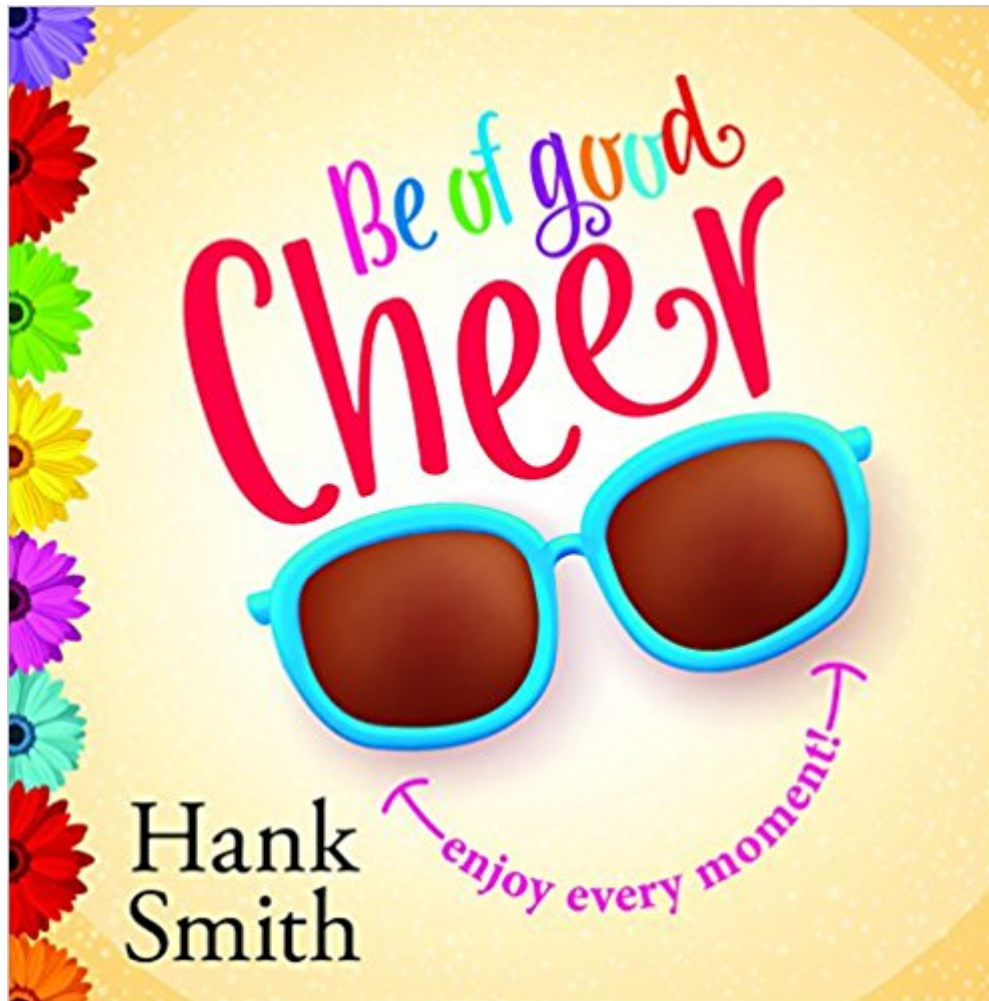




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# Be Of Good Cheer



## Synopsis

"Be of good cheer." These were the words first spoken by Christ when He came walking on the water to His disciples, who were cowering in a wind-tossed ship. Elder Jeffrey R. Holland said: "Such counsel [to be of good cheer] is not a jaunty pep talk about the power of positive thinking, though positive thinking is much needed in this world. No, Christ knows better than all others that the trials of life can be very deep and we are not shallow people if we struggle with them. But even as the Lord avoids sugary rhetoric, He rebukes faithlessness and He deplores pessimism. He expects us to believe!" In his latest talk, Hank Smith shares a warm message of hope amidst the adversities of life. As always, Hank uses humor, teachings from the scriptures, and tender stories from his own life to make his point. He says that one of the best ways to be of good cheer when nothing seems to go right is to learn to laugh. Quoting from a study on the subject, Brother Smith says: "Laughing lowers your blood pressure, it reduces your stress hormone levels, it raises the level of infection-fighting antibodies, it lowers your blood sugar, it improves your memory, and triggers the release of endorphins. It will extend your life and make the lives of all around you more enjoyable." The good news is, Hank's message will make you laugh as it helps you keep the commandment to "Be of good cheer."

## Book Information

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## Customer Reviews

I personally believe this is one of Hank's best talks to date. Thanks for entertaining with goodness.

We listened to this CD as we drove to school in the mornings. A great way to start the day and Hank

Smith is so entertaining! I highly recommend all of Hank Smith's CD's as they are wonderful for children and adults. My kids range from 8 years to 15 years and we all thoroughly enjoy his talks.

Love this cd!! Listen to it a lot!! I own most of his CDs and I love this one! The story he tells is touching, it makes me want to be a better person and to be happy, and makes me cry every time I hear it :) you won't regret purchasing ANY of Hank Smith's products, they will be the best purchases on you make ;)

LOVE ALL OF HANK SMITH'S CDS AND DVDS HE ALWAYS HAS A MESSAGE I NEED TO KNOW

Gift for granddaughter. Love his work.

Love this one!!!

I gave this for a Christmas Present.

Funny and uplifting. Good advice to ponder

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