



# Keep Your Spirits UP! 15 Ways to Maintain a Positive Mood

*Risa Attrell*

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**Keep Your Spirits UP! 15 Ways to Maintain a Positive Mood** Risa Attrell

What can you do when you're down? How can we maintain a positive spirit?

This easy to read booklet, written in light conversational style, gives 15 tips on how to maintain a positive mood.

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