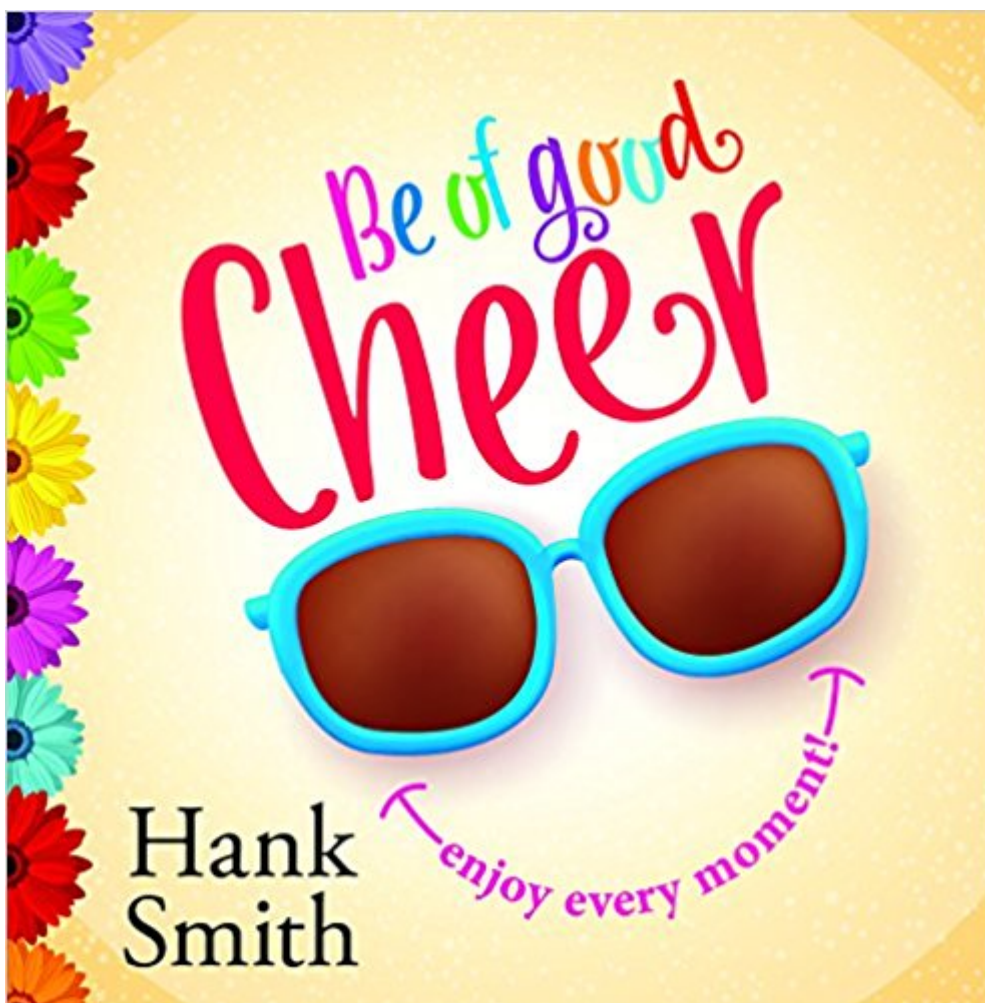




The book was found

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

Audio CD

Publisher: Covenant Communications, Inc. (September 1, 2016)

Language: English

ISBN-10: 1524400890

ISBN-13: 978-1524400897

Package Dimensions: 5.6 x 4.9 x 0.4 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #277,074 in Books (See Top 100 in Books) #144 in [Books > Books on CD](#)
> [Religion & Spirituality](#) > [Christianity](#) #280 in [Books > Books on CD > Religion & Spirituality](#) > [General](#) #15062 in [Books > Christian Books & Bibles](#) > [Christian Living](#)

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

[Download to continue reading...](#)

Be of Good Cheer Cheer the F*ck Up: An Irreverently Positive Adult Coloring Book (Irreverent Book Series) (Volume 3) Cheer the F*ck Up: Positive Sh*t to Color Your Mood Happy (Swear Word Coloring Books) Cheer Up, Ben Franklin! The LEGO Christmas Ornaments Book: 15 Designs to Spread Holiday Cheer Chicken Soup for the Soul: Hooked on Hockey: 101 Stories about the Players Who Love the Game and the Families that Cheer Them On Cheer Inspiration 1: Inspiration for the Dance Teacher (ChoreographyTown Book 4) Good Forestry from Good Theories & Good Practices The Good, the Bad, and the Ugly Cincinnati Reds: Heart-Pounding, Jaw-Dropping, and Gut-Wrenching Moments from Cincinnati Reds History (The Good, the Bad, and the Ugly) (The Good, the Bad, & the Ugly) The Good, the Bad, and the Ugly Cleveland Indians: Heart-pounding, Jaw-dropping, and Gut-Wrenching Moments from Cleveland Indians History (The Good, ... and the Ugly) (The Good, the Bad, & the Ugly) The Good, the Bad & the Ugly Philadelphia Flyers: Heart-pounding, Jaw-dropping, and Gut-wrenching Moments from Philadelphia Flyers History (Good, the Bad, & the Ugly) (Good, the Bad, & the Ugly) People Styles at Work...And Beyond: Making Bad Relationships Good and Good Relationships Better IT'S ALL GOOD: Delicious, Easy

Recipes That Will Make You Look Good and Feel Great The South Beach Diet: Good Fats Good Carbs Guide - The Complete and Easy Reference for All Your Favorite Foods, Revised Edition The South Beach Diet Good Fats/Good Carbs Guide: The Complete and Easy Reference for All Your Favorite Foods Good Night Wisconsin (Good Night Our World) The Good Neighbor Guidebook for Colorado: Necessary Information and Good Advice for Living in and Enjoying Today's Colorado Five Good Minutes: 100 Morning Practices to Help You Stay Calm and Focused All Day Long (The Five Good Minutes Series) Good Night Ocean (Good Night Our World) Good Night Zoo (Good Night Our World)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)