Better Because of You

by Cathy Haffner and Ginny Hutchinson



About the Book

This book shows you how to make life just a little bit better in all 7 facets of your life.

Read true-to-life, inspirational stories that can help you do small things each day to make a big difference in these 7 areas:

Health
Wealth
Wisdom
Work
Play
Others
Service

Authors Ginny and Cathy are successful Fortune 100 executives who wanted to make a positive difference in the world. Simply revealed are their 3 core beliefs based on the valuable (and humorous) lessons they learned in the corporate world, decades of marriage and raising children.

Better Because of You is essential reading for anyone looking for simple insights on leading a happier life. When you need a lift or a meaning quote for a friend, this book includes words to live by --- quotes from A-Z.

It shows how you, as one individual, can be an irresistible force for positive change.

Discussion Guide

1. What was your favorite section of the book and why?

2. Of the 7 facets of life, which would you choose to work on and why?

3. Every day you have a choice to make yourself a little better, which one of the tips have you tried and how did they help you?

4. Fill in the blank: ?My Life is Better Because? ?

5. What kind of inspired action will you take to make the world a little bit better?

Author Bio

Ginny Hutchinson and Cathy Haffner were friends for over two decades before founding Better Because. They love to laugh, work hard, help others, and enjoy life. They were senior executives of Fortune 100 companies before devoting themselves to Better Because full time. Ginny and her family live in Seattle, while Cathy and her family live in San Antonio. Their favorite motto is ?Be the person your dog thinks you are.

Critical Praise

"Life is better because of our relationships. Our joy can be passed through our networks, from person to person to person."

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