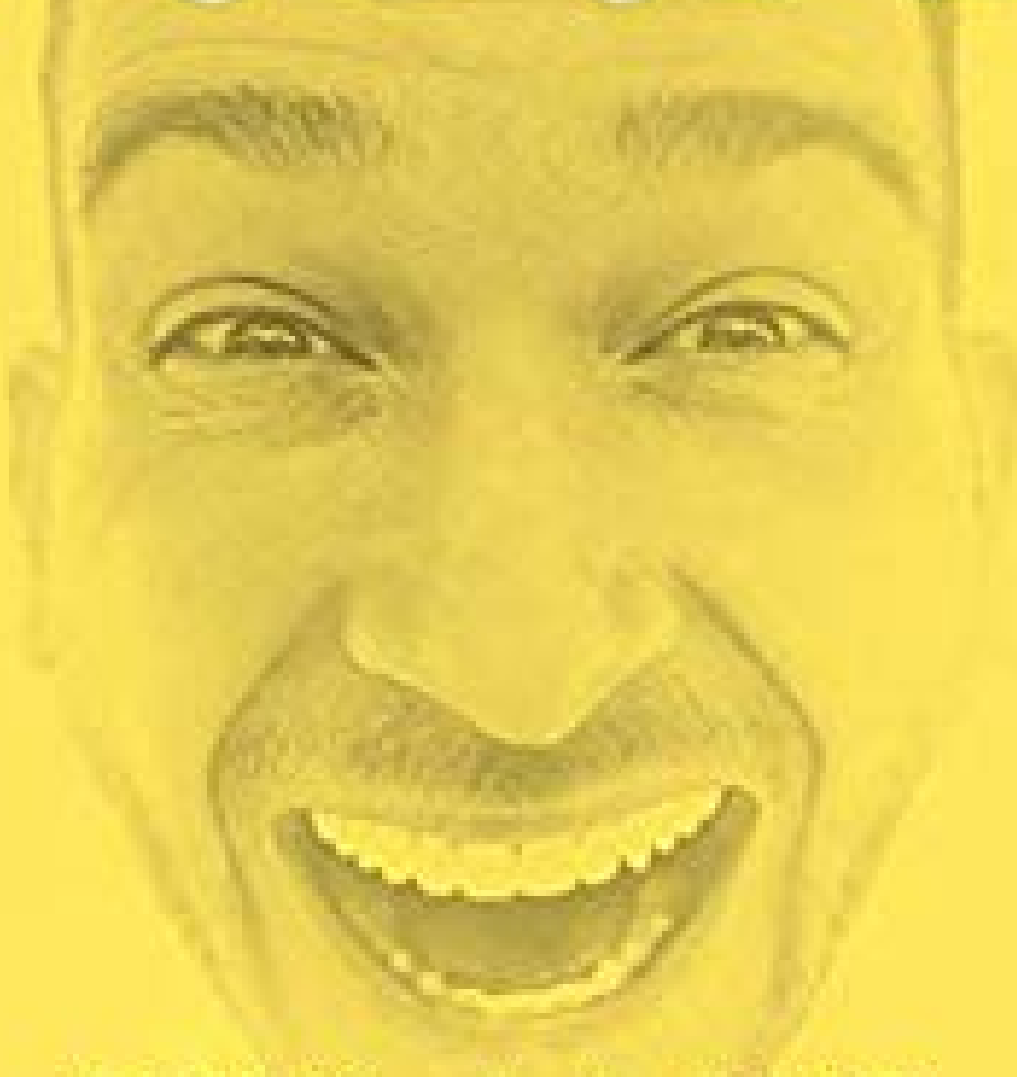


FUNDAMISM: CONNECTING TO LIFE THROUGH

F.U.N.



PAUL J. LONG



**FORWARD BY
TRAVIS KELCE**

Paul J. Long and
Fundamism: Connecting to Life Through F.U.N.



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How can you improve your own lifestyle? You find a way to deal with the difficulties life throws the right path. A favorite quote of mine, by George Bernard Shaw, explains a lot of why I feel we struggle in existence: "We don't stop performing because we grow old; Ever wished you could be even more like them? It's time to join the FUN teach (all aboard!. we get old because we prevent playing." Which is why I wanted to write this book.. Take a moment right now and consider someone you know who's regularly upbeat, optimistic, and appears to be troubled by nothing. On the top, they look like they enjoy lifestyle and have lots of fun.. Wished you could strategy life the same manner, letting things simply roll off your back again like water off a duck's back again? ultimately, this publication will help you to change your life.U. By reading Fundamism: Connecting alive Through F.N. Using 10 FUNdamentals, you'll quickly understand how easy it is definitely to include more fun to your life and those around you. You're one step closer to feeling good and looking just like the person you recalled above. Most of us desire pleasure and minimal tension but life doesn't generally workout the way we want it to. Throughout this publication, you'll discover ways to improve self esteem, deal with life challenges, overcome dread. To share how incorporating more FUN into our lives will eventually allow us to cope with any challenging moments that come our way.. You Can! you're one step nearer to feeling more joy and fulfilment in your life. What are you looking forward to? (which is always easier said than done.) and smile, laugh and have more fun.. all you have to do is definitely scroll to the top of this page and click (or tap) "BUY NOW" to begin with..



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Unique, Refreshing + Authenticity &N. WOW! It seems so many books try to teach us how exactly to transform ourselves by maximizing our efficiency, money, period, etc. This publication is your Basis, you need to use it to Understand Others, and I would recommend your Next Step should involve buying this publication. It reorients us, not just at home inside our personal lifestyle but at work, really with regards to our whole self--to get in tune with the big picture, what really matters--FUN, love, connection, joy, heart. So, it includes stories, tips, tools, and advice so that we are able to live our whole day--with family, friend, co-workers, and clients--with greater joy. Paul flashes the charisma of Zig and the positive influence of Tony Robbins.. It's transformative. The writer speaks to YOU! in a HUGE, Lifestyle changing way! I browse the publication cover to cover in less than 2 days. With a forward compiled by the Kansas Town Chief's Travis Kelce that's very insightful and genuine and a great deal of practical tips provided by Long that you can implement immediately this publication will become your go to book for resilient FUN. Practical tips for living your authentic life I was excited to read Fundamism: Connecting alive Through F.U.N.U.N... I had not been expecting to end up being so touched by Long's insights and tales..which means he's not scared to lay it away there and revel in himself. I believe I was just expecting a "feel great" how to reserve. This book is special. I am not going to lie..although this is simply not surprising. You need more pleasurable in your daily life and you need this book!. This reserve can be witty and insightful. Don't wait to place the FUN back in your life. A little background in me. Don't forget, you may also book Paul as a loudspeaker. After 5 years "in the workforce" I made a decision to resign and to start a business carrying out what I LOVE- making personalized presents (homemade cards, t-t-shirts, artwork, jewelry, etc). Paul reminded me of how essential it is to keep up beat no matter what lifestyle throws at us. Fun! With some latest success in my own health issues and beginning to pull myself up by my bootstraps I have already been coming out of my self imposed protective cocoon recently. This book hit house for me and resonates with my entire life at the precise moment I need it! The tales and advice that Long weaves through Fundamism: Connecting alive Through F.U. Paul instantly engaged and performed "washers" with my kid for pretty much an hour., has the feel of 1 of your friends sitting across the desk from you at your local watering hole or coffee shop helping you through trouble. Not merely does Long share true (even if it's embarrassing or unflattering... Paul is inspiring and enjoyable, while teaching us how exactly to live life through F. worthy of passing to my children. We pre-ordered the Kindle edition of Fundamism: Connecting to Life Through F.--and that's why is this book special.. and definitely plan on obtaining paperback copies to give as holiday gifts... Paul Long's attitude and outlook on life is infectious..there were several times that I wanted to avoid reading because Long's words were therefore convicting and pointed to areas where I thought was doing well currently but realized I was not fully understanding someone else's perspective. I am looking towards changing the status quo so that I can transfer to even more deep and satisfying associations with those I love and move from victim to victor. BOY was I so wrong. This book was amazing!. I've known Paul for several years and this reserve is actually an embodiment of the original, caring and F. Then this past year my entire life as I understood it was turned ugly. I laughed, laughed hard, cried, cried harder and linked to him on many levels. F. If you want to raised yourself, get motivated, or you're a head looking to motivate others to improve their life, This is actually the reserve for you. Many thanks Paul for composing this publication for me personally, my coworkers whom I will be buying this publication for, and for everybody who is lucky enough to end up being reminded to provide FUN back into our daily lives! I can't wait for the next book!! Read this Reserve NOW! (You owe it to yourself and everyone you match) What a great

browse...like all of the rest. I possess a very stressful work as an EMT, Firefighter, and ED Tech and somedays just usually do not go well. What we've been looking forward to.N. person he's! Paul's energy and enthusiasm translates to meaningful advice to assist you be your best self.U. Heart Wow.While working together, Paul was often the guy smiling with an excellent attitude. When I saw the reports of the KC Royals followers in the catsuits, I almost immediately sensed, "I'll wager this is Paul", and I was right!!I recall a family/function function in the parking lot of Kaufman/Arrowhead Stadiums in KC and my son, Chase (approx age 8 at the time) was there too.N. They both got a blast and Chase remembers that event, to this day!This is Paul, which is what FUNdamism is about... I cannot wait to share this book with family and friends. Everyone deserves a little more FUNdamism within their lives!U.. Paul will an awesome job reminding us how exactly to bring FUN back our lives. Through many health issues (both mine and my family), the death of my dad, and just life in general I was just barely getting by every day. Fun in the areas that we work, just what a idea! I browse many motivational authors, and I rank this reserve near the top of my list.Interestingly, this won't just mean laughing and smiling more--in fact, this publication presents experiences of real-lifestyle pain and tragedy--and weaves that in to the higher philosophy of fundamism showing us how despite having the hard stuff most of us go through, we can still live out joy and fun. Definitely inspiring! It may be soon to call this "the" corporate handbook and make it needed reading for all executive leadership.keep in mind the Cat Matches? because I have been acquainted with Paul Long's charitable attempts and FUN antics here in Kansas City area where I live. Paul is one half of the Cat Fit Guys. Its goal is normally grander than all that. I have already been married for almost 26 and I am a mom of 5 children (ages 25, 24, 22, 19, and 18) and have gone from homeschooling all 5 to putting all of them in public college and throwing my personal ALL Into the PTA mom lifestyle then I started working in the library at our local high school after alternative teaching for two years. - Jonathan Burnos Entertaining and so useful!U. I love his gift for storytelling and all the tactile ways to bring more pleasurable and positivity to your very own life. MUST READ!! This is a GREAT read!! A different perspective on improving your daily life experiences by appreciating what is good in your daily life and finding a way to get through a down economy by finding joy in whatever your position. Life is brief... I will be honest this book has blown me apart!make it count Simply great! Paul's enthusiasm is definitely contagious! Just put a couple of his ideas weekly into your routine watching how it adjustments your life and the people around you over the next year! I think anyone who reads this publication will be delighted with what Paul must teach us. This book had me laughing and crying!N. Ought to be on every leaders bedside table, desk or coffee desk! He gets us thinking and smiling. The reserve provides useful and logical actions to incorporate a more positive, purpose-powered, and fulfilling life filled with F. Such an easy read. A refreshing message and well-timed humor held me flipping through the pages.. Anyone seeking to improve themselves personally or professionally could certainly learn something new about the thought of F.U.N. End up being an in a Victor , not a victim. Fundamism is a wonderful read. I have to better understand others' perspective. It is light and honest. I highly recommend it to everyone!. I found myself wanting to write down each one of these sage segments.N. The publication gives you the building blocks to self-reflect, look deep inside of yourself, decide how you would like to live your very best life and tools to make it happen.LOL) tales he also offers actual and practical steps to help get you where you desire to be!



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