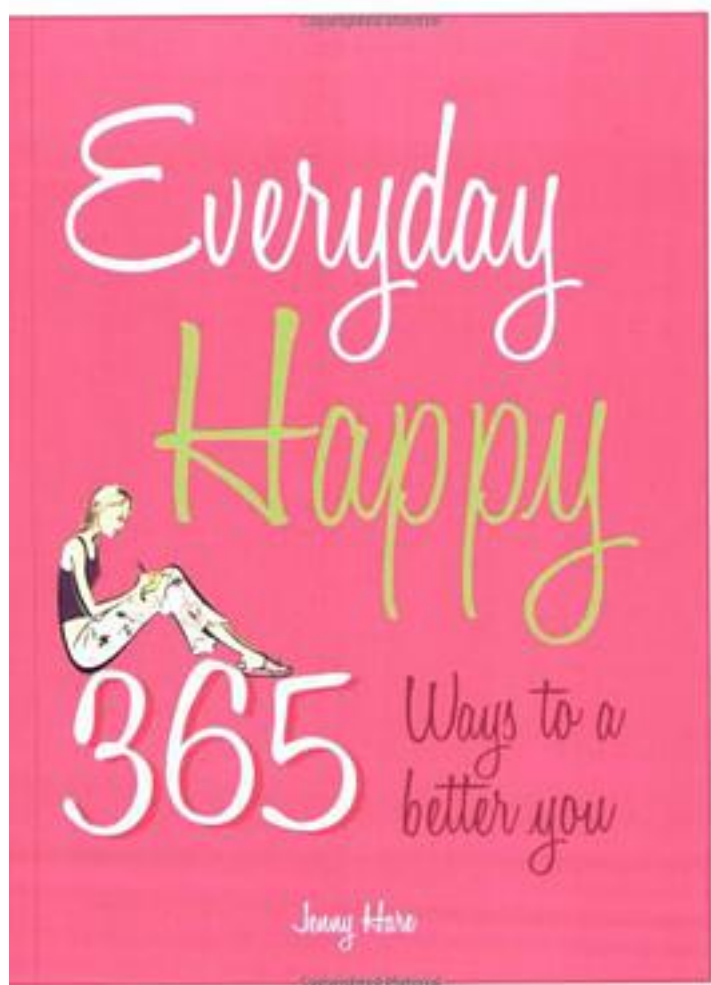


Everyday Happy



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We all aspire to happiness; those moments when cares and anxieties are on hold and

we see our role in the world as positive, nurturing and creative. For some, happiness comes easily and for others, happiness is as elusive as chasing butterflies without a net. Each day's new page brings a new suggestion, exercise or motivation to break bad habits and create new mindsets and positive routines, focus on the moment and be mindful of the world around us. This title helps you to learn to look beyond yourself, explore your creativity and rediscover fun! With practical tips on exercise, diet, sleep and relaxation, and choice words from the gurus of happiness, "Everyday Happy: 365 Ways to a Better You" offers a step-by-step guide to ensure that your cup of happiness is always full.

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