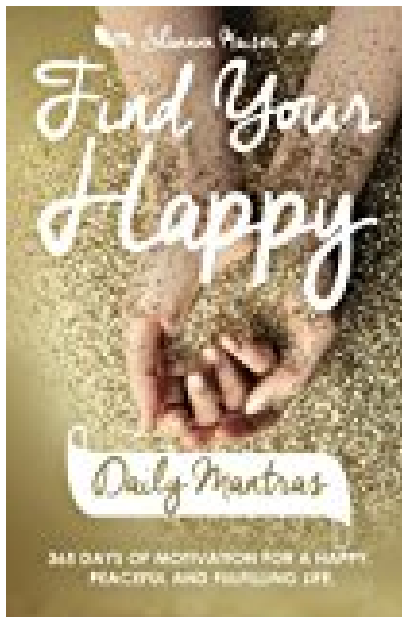


Find Your Happy Daily Mantras 365 Days of Motivation for a Happy Peaceful and Fulfilling Life.



BOOK DETAILS

- Author : Shannon Kaiser
- Pages : 406 Pages
- Publisher : BalboaPress
- Language : English
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BOOK SYNOPSIS

Find Your Happy Daily Mantras provides 365 days of inspiration to cultivate more self-awareness, confidence and inner peace. A companion to the international bestselling book Find Your Happy, this is a must-have guide to make happiness and inner peace a habit. This book is more than a self-help guide. It is a tool for recovery, providing hope and a path to freedom from pain. Any recovery process requires a dedicated practice, and the wisdom contained in these pages will guide you to open your mind and heart to create a more purposeful, happy and healthy life. "Shannon Kaiser is an incredible woman on a mission to help people find peace, happiness and fulfillment in their lives. Her desire to serve others shines through all of her work." — Gabrielle Bernstein, New York Times bestselling author of Miracles Now

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