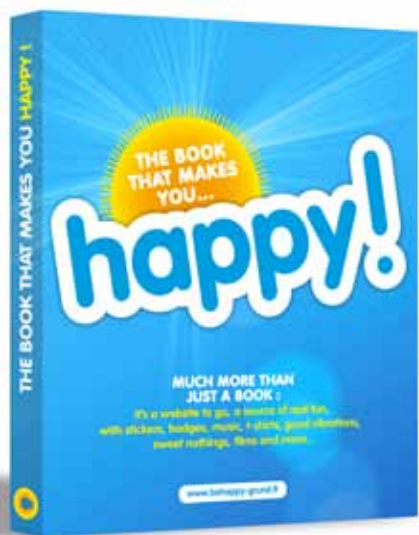


THE BOOK THAT MAKES YOU HAPPY!

Seize the opportunities that surround you; be flexible; think positive—even when the world seems gloomy— these are some of the fundamentals that can help you keep things in perspective and get the most out of life. **THE BOOK THAT MAKES YOU HAPPY** brings together recipes for happiness through good advice and fresh ideas. They'll help you understand—and really feel— what happiness is all about. And you can use this unique book to sprinkle a bit of joy into your life and the lives of those around you with the help of a few little extras like stickers, special coupons and upbeat designs for buttons or t-shirts.



SPECIFICATIONS

150X180 MM - 144 PP

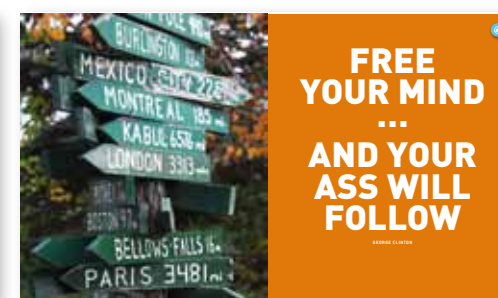
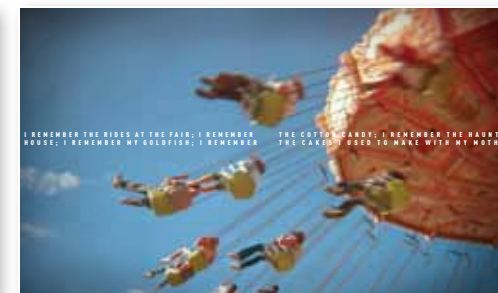
PAPERBACK

APPROX. 6,000 WORDS

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PREPARING YOURSELF



LOVE WITH ALL YOUR HEART



SHARE YOUR HAPPINESS



DON'T FORGET THE CHILD INSIDE YOU



GETTING AWAY FROM IT ALL



TAKING CARE OF YOURSELF



REMEMBER THE GOOD TIMES



REINVENT YOUR LIFE



FINDING FULFILLMENT