

# FIND YOUR HAPPY - AN INSPIRATIONAL GUIDE ON LOVING LIFE TO ITS FULLEST

Being stuck and feeling as if you are trapped is inevitable part of life. Whether you are stuck in a job going nowhere, a bad relationship, or self-defeating patterns, Find Your Happy can provide solutions to greater freedom. Through fresh perspective, inspiring stories, and useful exercises, this book guides readers to true happiness by removing physical, emotional and spiritual blocks. With the easy to apply "All Clear, Take Off" method and the uplifting Play With The World approach, readers...



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### Find Your Happy - An Inspirational Guide on Loving Life to its Fullest

Author	Shannon Kaiser
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## Peek Inside the Book

We are in charge of our own lives and how we spend our time. You should never do something you dont want to do. Lives are incredibly short. If it doesnt feel...

## Reader's Opinions

This book was such an awesome guide to really finding true happiness. Her candidness about her life throughout the book gave a realistic edge to her unique words of wisdom and practical action steps. I would definitely recommend it to anyone who is searching for more clarity and peace in their lives!

Just started reading this book and am already recommending it to my friends. This book has amazing advice and guidance on finding your happy and how to deal with any situation life throws at you. 5 stars! =)