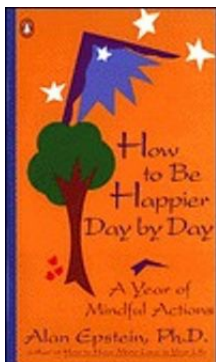


# HOW TO BE HAPPIER DAY BY DAY: A YEAR OF MINDFUL ACTIONS



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A book that inspired an entire series of posts on my blog, and an integral part of my mindfulness journey.