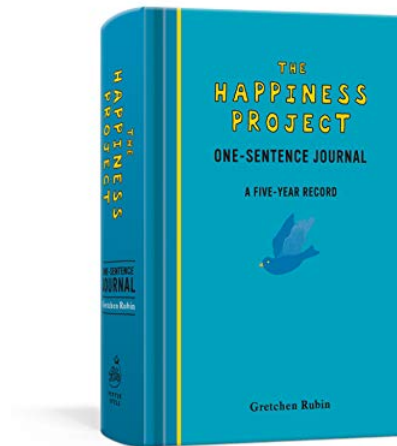


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365 days. 5 years. 1,825 happy moments. The Happiness Journal is the ideal project for anyone who is looking to add more meaning and happiness to their lives but is short on time. Based on the book, The Happiness Project by Gretchen Rubin, this five-year journal will help you make a time capsule of the next few years in the simplest way possible. You can start at any point in the year. Simply turn to today's date, and take a few moments to think about the quote or question on the top of the page. Jot down your thoughts and perhaps a note about what made you happy. As the years go by you'll notice how your responses evolve (or don't) and discover the things that lead to lasting happiness. The quotes are interesting, funny, and always thought provoking. The diary can be started on any day of the year but makes a terrific gift for the New Year or birthdays.

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