



# **Happiness 365: One-a-Day Inspirational Quotes for a Happy YOU (The Happiness 365 Inspirational Series) (Volume 1)**

*Ms Deena B Chopra, Ms KC Harry*

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We know this to be true: It's a given that life is not about rainbows and sunshine all of the time. There will be days that it is going to be hard to hold your head high and put a smile on your face. However, happiness is a choice; and sometimes, you just occasionally need a boost to remind yourself of that fact. It is intuitive that people who smile and cut out negativity from their life will live longer, healthier lives. You hear it in TED talks, read it on blogs, and physicians (and psychologists) use it as a mantra. Stress and anger cause health complications that make life harder than it needs to be. It will also leave you with higher medical bills, which will cause more stress if you are struggling financially. This book is designed to help give you that small happiness boost you may require at any time. It provides a variety of quotes, new and older, to help you put perspective on your mood, regardless of where you are at in your life. It is organized for quotes to be consumed once per day, however we welcome you to peruse through the pages until you find one that resonates with you at that specific moment. No matter who you are, be it a teenager or in later stages of life, whether you are married or divorced, an entrepreneur or a career professional, or even unemployed, choosing to be happy helps you in all facets of your life. Take it a day at a time, and find the quotes that speak to your needs for the day. Read, reflect and refocus when the stress and trials of the day attempt to derail your mood. You deserve to be happy so find it in your mind. PS: This is a simple paperback version of the eBook. It has an additional journaling feature, which that allows you to journal each morning by drawing inspiration from the quote you select for that day. You can also follow along with Deena and KC as they share each day's quote by email and on social media, and turn this journey into an inspirational worldwide community discussion. Join us! We're on Twitter at: Deena: <https://twitter.com/DeenaBChopra> KC: <https://twitter.com/kchrissyharry>

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