



# Find Your Happy Daily Mantras: 365 Days of Motivation for a Happy, Peaceful and Fulfilling Life.

*Shannon Kaiser*

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## **Find Your Happy Daily Mantras: 365 Days of Motivation for a Happy, Peaceful and Fulfilling Life.**

Shannon Kaiser

Find Your Happy Daily Mantras provides 365 days of inspiration to cultivate more self-awareness, confidence and inner peace. A companion to the international bestselling book Find Your Happy, this is a must-have guide to make happiness and inner peace a habit. This book is more than a self-help guide. It is a tool for recovery, providing hope and a path to freedom from pain. Any recovery process requires a dedicated practice, and the wisdom contained in these pages will guide you to open your mind and heart to create a more purposeful, happy and healthy life. "Shannon Kaiser is an incredible woman on a mission to help people find peace, happiness and fulfillment in their lives. Her desire to serve others shines through all of her work" - Gabrielle Bernstein, New York Times bestselling author of Miracles Now

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