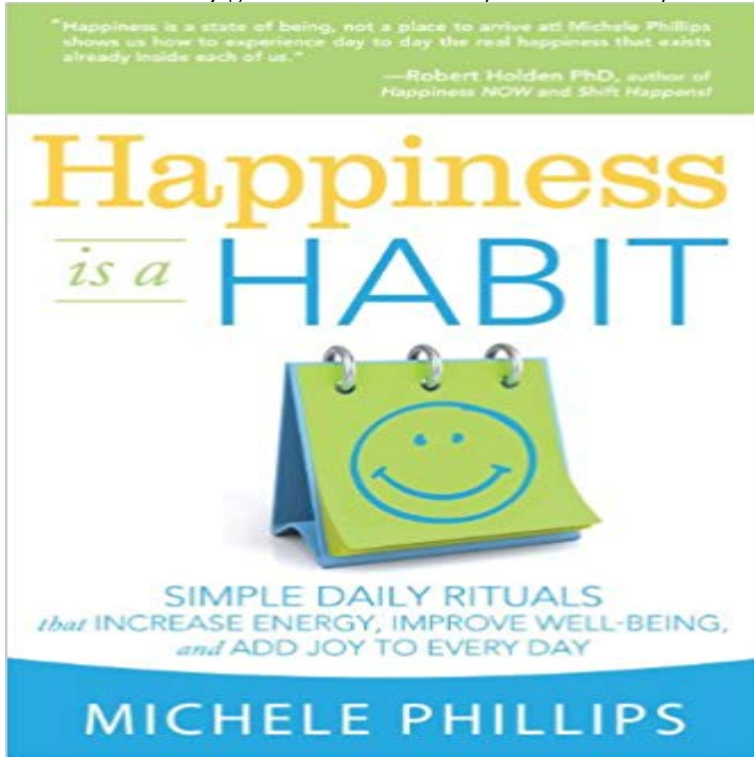


Happiness is a Habit: Simple Daily Rituals that Increase Energy, Improve Well Being, and Add Joy to Every Day



Renovate the rhythm of your life to create a healthier, happier you! Forget superficial fixes like fad diets or shopping sprees and instead learn how implementing simple daily habits can improve your quality of life. Author Michelle Phillips will guide you in your quest to happiness by introducing you to helpful routines like listening to audio books in the shower spending time with nature establishing bad day emergency plans As you read this practical guide to happiness, you will come to see that the confidence, vitality, and joy that you deserve are just a habit away!

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