



A Simple Guide to Happiness (Charming Petites)

Barbara Paulding

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Offering guidance and inspiration to create the joyful journey of your life, this little book invites you to make the choice for happiness. From simply being present to finding your tribe, here are ideas and strategies to engage in the practice of happiness. Words of wisdom from such diverse masters of bliss as Annie Dillard, Oprah Winfrey, and the Dalai Lama provide road signs along the path.

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