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Happiness Is . . . One Happy Thing Every Day: A Three-Year Journal

By Ralph Lazar, Lisa Swerling



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For anyone in search of a happier life, this delightful journal provides a place to record one happy thing each day for three years. Once the journal is filled, readers have an album of their happiest memories—from the big things like a job promotion to the little things like a perfect cup of coffee—and the habit of seeking out happiness every day.

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Happiness Is . . . One Happy Thing Every Day: A Three-Year Journal By Ralph Lazar, Lisa Swerling Bibliography

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Editorial Review

About the Author

LISA SWERLING and RALPH LAZAR are famed illustrators and the authors of the bestseller *Me Without You* (almost 250,000 copies sold). They live in Marin County, California.

Users Review

From reader reviews:

Donna Bauer:

As people who live in the particular modest era should be change about what going on or info even knowledge to make these people keep up with the era which is always change and advance. Some of you maybe may update themselves by reading through books. It is a good choice for yourself but the problems coming to an individual is you don't know which one you should start with. This Happiness Is . . . One Happy Thing Every Day: A Three-Year Journal is our recommendation so you keep up with the world. Why, because book serves what you want and want in this era.

Rodney Hussey:

The reason why? Because this Happiness Is . . . One Happy Thing Every Day: A Three-Year Journal is an unordinary book that the inside of the e-book waiting for you to snap this but latter it will jolt you with the secret the idea inside. Reading this book next to it was fantastic author who write the book in such awesome way makes the content on the inside easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of rewards than the other book have such as help improving your skill and your critical thinking technique. So , still want to hesitate having that book? If I were you I will go to the reserve store hurriedly.

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