



365 Ways to Live Happy: Simple Ways to Find Joy Every Day

Meera Lester

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Becoming happier is easier than you think. With this practical, hands-on guide to all things joyful, you can bliss out in no time. You'll learn how to:

- Lighten up—once and for all
- Work shorter and play longer
- Practice pleasing yourself first
- Attract more fun-friendly people
- Go from dull routine to dynamic lifestyle
- Master the pleasure principle
- Find meaning moment by moment
- Forgive, forget, and follow your bliss
- Reinvent your happy selves, one day at a time

This book is all you need to be all you can be, *happily!*—starting now.

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