



## Happiest You Ever: 365 Ways to Invite More Love, Sex, Fun, Friendship, Fellowship, Community, and Career Satisfaction into Your Life - Each and Every Day!

By Meera Lester, Carolyn Dean, Susan B. Townsend

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Happiest You Ever: 365 Ways to Invite More Love, Sex, Fun, Friendship, Fellowship, Community, and Career Satisfaction into Your Life - Each and Every Day!, Meera Lester, Carolyn Dean, Susan B. Townsend, Happiness is more than a state of mind--it's a lifestyle! And with this book, you can transform your life--and get happy in only 365 days. With daily tips and tried-and-true tactics for every aspect of happiness, you'll reach for the stars--and shine! Monday: Update your resume Tuesday: Volunteer to read books to the blind Wednesday: Take a down-in-the-dumps chum to the circus Thursday: Max out your odds for Mr. Right at your local pub--on Trivia Night Friday: Get out the George Foreman grill and have a BBQ for the whole family indoors Saturday: Join a hiking club and strut your stuff Sunday: Take a sunrise yoga class With this book, you'll have the advice you need to make this the year that you bliss out--every day in every way!.



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