



## Find Your Happy: An Inspirational Guide to Loving Life to Its Fullest

By Shannon Kaiser

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**Find Your Happy: An Inspirational Guide to Loving Life to Its Fullest** By Shannon Kaiser

Through her candid sharing of personal experiences and depth of understanding, Shannon is able to bring forth universal wisdom and truths in a fresh, lively voice that speaks directly to me. Find Your Happy stands out for its simple, easy-to-implement principles and honest perspective. Shannon's book is a therapeutic adventure for your soul, and it will transform the way you see yourself and the world. Get ready to fall in love with your entire life -Robyn Griggs Lawrence, author of *The Wabi-Sabi House*. Being stuck and feeling as if you are trapped is inevitable part of life. Whether you are stuck in a job going nowhere, a bad relationship, or self-defeating patterns, Find Your Happy can provide solutions to greater freedom. Through fresh perspective, inspiring stories, and useful exercises, this book guides readers to true happiness by removing physical, emotional and spiritual blocks. With the easy to apply "All Clear, Take Off" method and the uplifting Play With The World approach, readers are guided to live life passionately and purpose-filled. With the author's signature clarity, wisdom and positive messages, Shannon will show you how to choose happiness as a way of life. Transform your outlook to create an extraordinary life, full of adventure, happiness, and inner peace. Shannon Kaiser is a travel writer, author, speaker, workshop leader and founder of PlayWithTheWorld.com. She is a Travel Editor for Healing Lifestyles & Spas, and featured in the uplifting best-selling book series *Chicken Soup for The Soul*, *Tiny Buddha*, *MindBodyGreen*, *CrazySexyLife*, and *KATU Morning Show*.

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## **Find Your Happy: An Inspirational Guide to Loving Life to Its Fullest** By Shannon Kaiser **Bibliography**

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### **Editorial Review**

#### About the Author

Shannon is an ex-Advertising award-winning senior art director who left her successful career to follow her heart and be a writer. Today she is a travel writer, inspirational author, motivational speaker, workshop leader and creator of PlayWithTheWorld.com-a site dedicated to helping others fall in love with their life through articles, videos, books, podcasts, lectures and more. She knows happiness and wellness and shares her knowledge authentically and from her own "been there and learned the tough way" perspective. An adventure girl at heart, her advice is shared with an uplifting, playful and motivational manner. She is the travel tip editor for Healing Lifestyles and Spas, and a Destination Travel Editor for The Examiner. Many of her motivational stories have been published in Chicken Soup for The Soul and she has been featured on ABC AM Northwest KATU Morning Show, MindBodyGreen, TinyBuddha and The Daily Love.

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##### **Jerry Hernandez:**

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##### **Madeline Pastrana:**

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activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Find Your Happy: An Inspirational Guide to Loving Life to Its Fullest, you may enjoy both. It is fine combination right, you still wish to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't buy it, oh come on its known as reading friends.

**Michelle Garrett:**

Find Your Happy: An Inspirational Guide to Loving Life to Its Fullest can be one of your beginning books that are good idea. We all recommend that straight away because this publication has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The author giving his/her effort that will put every word into pleasure arrangement in writing Find Your Happy: An Inspirational Guide to Loving Life to Its Fullest however doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource data that maybe you can be one of it. This great information may drawn you into new stage of crucial pondering.

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