



## Those Happy Moments: How a One-Year Experiment Led to Lasting Happiness

By Joëlle Marti

Greyed Out Press. Paperback. Condition: New. 204 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Have you ever wished you could be just a little bit happier? Recovering pessimist Joëlle Marti decided to address that question by designing a one-year experiment to blog about something happy every single day: Those Happy Moments was born. 366 Happy Moments later, she shares her lessons learned along the way. Through humorous stories, practical tips, and reader-friendly exercises, she lays out how you too can find, notice, and create your own Happy Moments and make every day count. In this book you'll discover: The personal quirks that make YOU happy The unexpected power of random experiences The simple steps to take when you feel sad Happy Moments are everywhere. It's time for you to go out and find them! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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