



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

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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