

The background of the book cover is a photograph of a pair of hands, one from a darker-skinned person and one from a lighter-skinned person, gently cupping a small pile of fine gold glitter. The hands are positioned over a surface of light-colored sand. The overall tone is warm and uplifting.

SHANNON KAISER

Find Your Happy

Updated Edition

Daily Mantras

365 DAYS OF MOTIVATION FOR A HAPPY,
PEACEFUL, AND FULFILLING LIFE.

Shannon Kaiser

Find Your Happy Daily Mantras



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We Am Brave and Courageous with My Heart. The 1st mantra in this life-changing guide is merely the beginning. Helpful information to positive thinking, an instrument to recovery, a weapon against negativity, Shannon s words and phrases will cause you to a more consistently content and productive daily life. The wisdom within these pages will open your mind, heart, and spirit to produce a more purposeful, healthy, and happy life. Each mantra is along with a deeper motivational message and questions to meditate on during the day. Find Your Happy Daily Mantras provides 365 days of inspiration to cultivate self-awareness, inner peace, confidence, and overall happiness. This updated edition with new daily mantras and brand-new thought-provoking questions is more than a instruction to positive considering. Shannon Kaiser, inspirational author, speaker, and teacher, will lead you through a complete year of positive considering. After sending like and kindness all through the body and mind every day, it is possible to connect to your true self and unapologetically live you genuine purpose.



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So much wisdom! Her lifestyle and steps to make . It was recommended by my friend and glad I purchased it. I am still amazed by the wisdom and assistance this continues to deliver me. I randomly open this reserve at a page a couple of times a week to find the spot of motivation that I want and it never does not deliver. I've bought many copies for my relatives and buddies and can't speak extremely more than enough of it. You definitely need to add it to your reserve collection! Favorite Affirmation Guide If you're looking for a information to affirmation, look no more. I read this each morning and reveal the issue in my journal. The costs seem pretty steep but it is completely worth it.. Shannon Kaiser is the best for self help hands down. She's not really cheesy and affluent sounding but accurate to herself. 365 times of amazing mantras I purchased this book because I needed a daily mantra for my meditation everyday. I really like it and it feels like it's simply what I need each day. The mantras itself get into deep reflection. I feel as if this publication has been assisting me discover myself and discover stuff in me that should be a priority for me to focus on. I came home and ordered her books immediately. I would recommend this to anyone who is spiritually inclined who would like to advance their growth. We was privileged to listen to Shannon speak within my mother's independent care home.. So beautifully written. First, it's redundant. Good, not great. I enjoy this book, but I do not get as much from it as I really do others. I actually was not disappointed!.. I like how they are not calendar days but are rather . I was entranced. I am just a few times into these 365 times but I highly question that I would not you experiencing it for the rest of the year. I had not been disappointed. Best desires to Shannon, but this publication isn't one that I'd recommend. I open this book and go through a mantra every morning. Many thanks Shannon for sharing your gift of encouragement with the world! 3 HUNDRED and Sixty Five mantras is a lot, and I think coming up with that quantity came at the price of quality. It has quickly become a favorite part of my daily morning devotional routine! easy does it great grab and flip to a page book for centering your brain Quickly Becoming a Favorite Section of My Morning Routine! Thanks Great mantras Daily support for a happier life I like starting it up and browse a random message . It usually gives some help, good feeling or opinions. If the first one doesn't resonate I simply open it again. Five Stars I really like this book. This is an incredibly inspiring book. Five Stars Love this book Meditate and Get a Walk Instead However very good it's intention, I found most of this book to be not so helpful. I like how they are not calendar days but are rather "Day 2, day 3" because I forget to look at them every day and just grab where I left off and it's still a wonderful factor to have in your library. This book is wonderfully written to supply daily reminders to stay positive, hopeful, and motivated! Third, as another reviewer wrote, having these concepts shown in a paragraph or two isn't as useful as reading about them in more depth. Second, the very best of this book is actually the same information in one of her additional books "The Self-Love Experiment". The cover artwork is gorgeous, and I understand that's section of what drew me in. Nevertheless, after receiving this publication I realized I want and want just a few good basic mantras which are suited to my own existence and my goals every day. It's a better usage of my time to meditate for ten minutes and pay attention to myself rather than sort through hundreds of webpages of thoughts that don't always resonate with me. Her lifestyle and how to make it therefore far better is incredible.



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