



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

*Shannon Kaiser*

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

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