



# Be Happy: A Little Book to Help You Live a Happy Life

*Monica Sheehan*

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## **Be Happy: A Little Book to Help You Live a Happy Life** Monica Sheehan

Illustrator Monica Sheehan has collected some of her most beloved cartoons from *Real Simple* magazine in a truly inspirational book that will remind you of the small things that really do matter for a happier life: show up, do things you're good at, dance...and get a good night's sleep. *Be Happy* takes up where *Life's Little Instruction Book* leaves off, pairing simple truths with charming, *New Yorker*-esque illustrations in an irresistible, pocket-sized package that's all wrapped up with a red elastic ribbon. A meaningful gift for grads, new parents, newlyweds, or anyone starting down a new road in life.

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