

“21 Days to Happiness”

The “21 Days to Happiness” program is intended to coach each towards attaining Happiness! This program is free for all subscribers and highly recommended as part of the “Where to Start” plan in dealing with this Journal. It is of mixed media with many beneficial exercises and believe it or not, it takes earnest effort.

Setting out to ‘become happy’ is a ridiculous, ecstatic venture and highly recommended.

So please partake, use this program, give it your all and find Happiness through the rest of your days. Happiness is simply a mental habit, an attitude that can be adopted and lived even through the most challenging of times. It can serve your life forever.