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# BE HAPPY A LITTLE BOOK TO HELP YOU LIVE A HAPPY LIFE



Running Press. Hardcover. Book Condition: New. Hardcover. 128 pages. Dimensions: 5.0in. x 4.1in. x 0.7in. 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...

**Read PDF Be Happy A Little Book to Help You Live a Happy Life**

- Authored by Monica Sheehan
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