



Get Happy Stay Happy: 16 things you should do every day to take control of your happiness

Kayleen Jean Johnson

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Do you know the secret to happiness?

That's okay. **No one does.** There's no one magic solution. It's different for everyone.

However, in this book, I have outlined **16 things** you should do to **take control of your happiness**. It's a choice—*your choice*. I give you the steps necessary for you to **make the changes** in your life that will help you to be the **happiest, best person that you can be**.

If you want to be happier, but **you aren't sure where to start**, start with this book. You have to **begin somewhere**, and it doesn't have to be huge. It won't happen overnight, and I don't pretend that it will. But this book will help you to be happy. I've even provided access to a **free action-guide** to help you set goals and make progress along the way.

Get Happy Stay Happy will give you a foundation:

- 16 guidelines for habit building
- Access to an action-guide with suggestions for each habit
- Real-life stories from people who found joy, even in difficult situations
- The abstract idea of happiness simplified into manageable steps

If you're looking for ways to **be happier**, this book will give you the means and motivation you need.

In **just a few short hours**, you can be on the path to **greater happiness and joy**.

Happiness is a choice. Choose now.

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