



Walking on Sunshine: 52 Small Steps to Happiness

Rachel Kelly

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A compact, accessible, life-changing book, internationally bestselling *Walking on Sunshine* offers fifty-two tips and tools (one for each week of the year) to increase your happiness year-round and help you manage the mood-altering pressures of everyday life.

In the form of weekly journal entries over the course of a year, journalist and mental health activist Rachel Kelly shares the fifty-two strategies that have helped her cope with depression and anxiety and maintain a calm, happy lifestyle. There's no complicated program involved, no overhaul of your current way of life: just simple shortcuts to lighter, more conscious living—tangible rituals you can use to care for your body and mind. In the pages of this engaging, user-friendly book, you'll find breathing techniques, poetry, prayer, philosophical nuggets, and meditations, all of them lovely, gentle suggestions designed to bring more ease and equanimity into your daily life.

Whether you're going through a particularly emotional time or you're just trying to figure out how to achieve balance and moderate your reactions to conflict, there's something for everyone in this encouraging, comforting book. Written in the candid, conversational style of a good friend and accompanied by delightful cartoon illustrations, *Walking on Sunshine* is a portable, supportive companion that will see you through your ups and downs.

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Hazel Mishler:

Nowadays reading books be than want or need but also become a life style. This reading practice give you lot of advantages. Advantages you got of course the knowledge the actual information inside the book this improve your knowledge and information. The data you get based on what kind of book you read, if you want drive more knowledge just go with knowledge books but if you want feel happy read one together with theme for entertaining like comic or novel. The Walking on Sunshine: 52 Small Steps to Happiness is kind of guide which is giving the reader unstable experience.

Sandra Yunker:

Spent a free time for you to be fun activity to do! A lot of people spent their leisure time with their family, or all their friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Could possibly be reading a book might be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the publication untitled Walking on Sunshine: 52 Small Steps to Happiness can be fine book to read. May be it could be best activity to you.

Robert Stewart:

Typically the book Walking on Sunshine: 52 Small Steps to Happiness has a lot of knowledge on it. So when you read this book you can get a lot of profit. The book was written by the very famous author. Mcdougal makes some research just before write this book. That book very easy to read you can obtain the point easily after reading this book.

Jack Williams:

Book is one of source of know-how. We can add our know-how from it. Not only for students and also native or citizen have to have book to know the upgrade information of year to help year. As we know those books have many advantages. Beside we all add our knowledge, could also bring us to around the world. By book Walking on Sunshine: 52 Small Steps to Happiness we can acquire more advantage. Don't that you be creative people? To become creative person must love to read a book. Only choose the best book that suited with your aim. Don't become doubt to change your life with that book Walking on Sunshine: 52 Small Steps to Happiness. You can more inviting than now.

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