

Journal Your Quest for Happiness

**You can choose happiness daily
no matter what your circumstances are.**

The perfect companion to the book *The Quest for Happiness*. Using some of the same prompts that are mentioned in the book, you can start a daily practice of journaling. The daily frame of mind and reflection pages are perfect for morning and evening entries. You will also find space to take notes and jot down anything you want to remember from each chapter of *The Quest for Happiness* so that you won't have to write in the book itself.

"Just the push I needed to start journaling each day"- reader review

"since I purchased the ebook, I couldn't write down notes in it. The Journal was the perfect solution..." - reader review

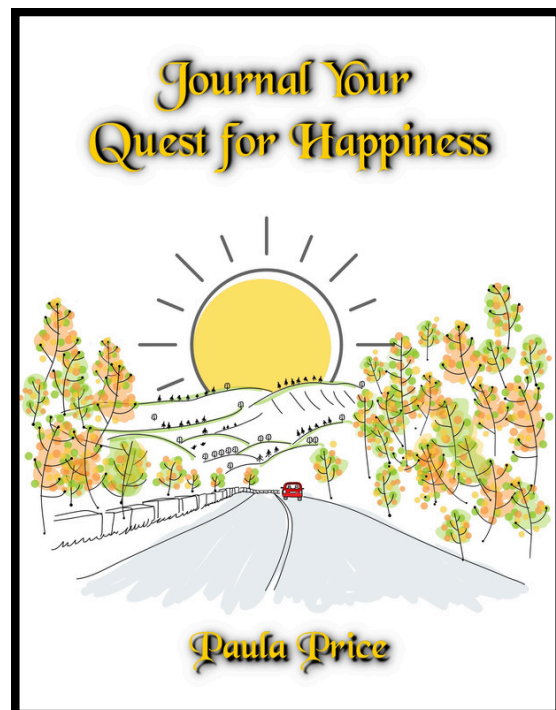
"Paula made it easy to go from reading the book to put things in motion in my life" - reader review

About the Author



Paula Price is a mother, wife, daughter, fixer of things, recovering perfectionist, voiceover actress, and certified happiness coach. She received a BA in

Communications: Radio/TV and a Business Minor from Xavier University and has done everything from running a corporate video studio to producing her own films. Each day in sunny Los Angeles brings about new blessings and challenges but Paula has learned to take everything in stride with a sense of humor and fiery drive. Her goal is to help others find and use their own light to live in their true purpose.



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Making the world better, one heart at a time.



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