

# The Quest for Happiness

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

Go on the journey to find it through things like healing, self-love, outlook, daily gratitude, choices and purpose. We may not be taught these subjects in school but it is up to us to continue to teach ourselves with love and compassion. By doing things like writing thank you notes, journaling, getting out in nature, meditating, creating things we love, and more; we are offered many ideas to encourage a positive change within us. Each chapter's ending poem sparks a perfect summation of content as well as encouraging creativity. This book will take you on the quest to find and choose your best possible plan for lifelong happiness.

## Reviews

*"I read your whole book in one sitting! I loved it. As someone who's done a lot of self help books, I'm always worried a book like that is just going to be the same thing...even if it's true. But I never felt bored"- Reader*

*"Each chapter closes with a poem that sums up what was just read..the wisdom and power within her words are truly found and felt...Paula Price's poetry is masterful!"-Reedsy Discovery (Jennie Louwes)*

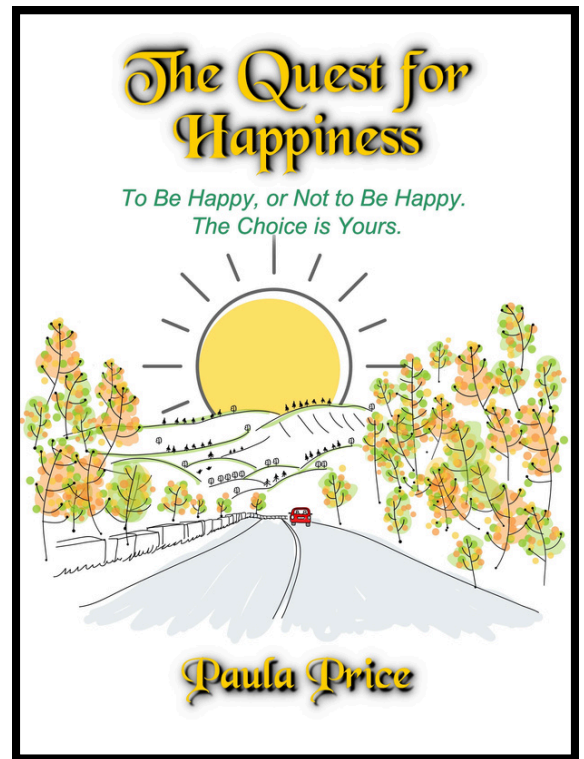
*"...for those looking for an interactive, quick read full of actionable ideas for an improved quality of life, The Quest for Happiness delivers just that with compassionate encouragement." -Book Life Review*

## 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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