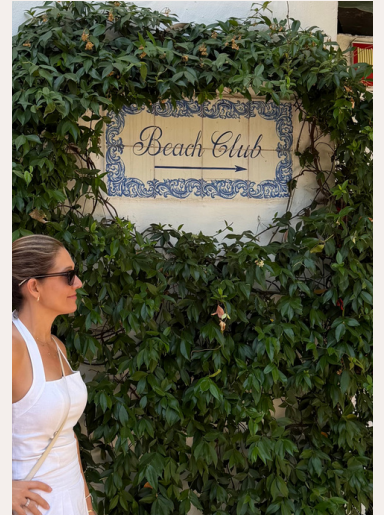


Happiest Hour Monthly Newsletter

July Edition: So... About Dry July



A few years ago, I would've said, "Not a chance." I truly believed alcohol was part of what made summer fun. But somewhere along the way, I started asking myself a simple question: Is alcohol still giving me what I think it is?

As I've been traveling through Spain, one of my favorite moments has been my early morning walks. The streets are quiet, cafés are opening, and the bars are being cleaned after the night before.

Years ago, I would've walked by thinking, Looks like they had fun. Now I walk by thinking, I'm so glad this is how my morning starts instead.

Perspective has a funny way of changing.

So no, I'm not here to convince you to do Dry July.

I'm just inviting you to get curious.

What would one alcohol-free weekend feel like? One vacation morning without a hangover? One family dinner where you remember every conversation?

You don't have to label yourself. You don't have to decide what August looks like. Just pay attention.

Sometimes the biggest changes don't start with a challenge.

They start with curiosity.

Wishing you a summer full of mornings you'll actually remember.

— Paula

Happiest Hour Happenings



 The Happiest Hour Podcast is growing, and I've been having some incredible conversations about changing your relationship with alcohol without shame or labels. If you haven't listened yet, you can find The Happiest Hour with Paula Devine on Spotify & Apple Podcast. I think you'll find an episode that feels like it was made just for you.



[Link here](#)



My next 6-Week Happiest Hour Experience begins this September.

If you've been thinking, "Maybe it's time I actually do something about this," this is a supportive, small-group experience designed for women who are sober curious or ready to change their relationship with alcohol—without judgment and without having to do it alone.

[Join waitlist](#)

[Click here to book a free discovery call on private coaching packages](#)