



The Happy Life Checklist: 654 Simple Ways to Find Your Bliss

Amy Spencer

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From the author of *Bright Side Up*, an upbeat guide to the little things we can do—for free and in five minutes or less--to feel happier and more fulfilled.

This can-do guide brings together little things readers can do that will positively impact their daily life and overall happiness. The book's short, empowering entries include:

Put your feet in the water

Wave at firefighters

Brush your teeth with your other hand

Hug two seconds longer

Close your eyes and just listen

Simple yet powerful, this upbeat and engaging book will help readers jumpstart their day--and life--for the better.

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