



Twenty-One Days To Expand Your Happy

Kimberly A. Keller

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Twenty-One Days to Expand Your Happy is a unique workbook dedicated to helping you become more self-aware and setting you on a path of personal discovery.

This remarkable resource challenges you to take inventory of your thoughts, feelings, life experiences, dreams, fears, and possible obstacles so you can establish new goals and reach your full potential.

Whether you're in the middle of a life transition such as a divorce or career change, want to improve your self-esteem, or desire stronger relationships with friends, family, and coworkers, author Kimberly A. Keller provides a positive framework you can use to identify destructive thought patterns and beliefs and replace them with motivational and inspirational principles.

Centered on the idea that it takes approximately twenty-one days to make or break a habit, the book offers a daily checklist that includes journaling, meditating, exercising, tidying your space, gratitude, and eating a healthy diet. This gives you an active, solution-based way to improve your mind, body, and spirit.

For fans of Louise Hay's books, *Twenty-One Days to Expand Your Happy* emphasizes personal responsibility while helping you see the ways you're holding yourself back from more happiness and peace.

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