



# EVERYDAY HAPPINESS MANTRAS

*REKHA SHETTY*

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## EVERYDAY HAPPINESS MANTRAS REKHA SHETTY

Everyday Happiness Mantras, your very own guidebook to good cheer, will stay with you through the annual calendar and constantly remind you of the things that truly matter in life. Divided into fifty-two articles—for each week of the year—this book concentrates on one home truth at a time, observing each of which will ensure that you never have a bad day. Covering topics as varied as the power of communication and everyday love, to the importance of observing the annual rituals of the International Family Day and International Women’s Day, Everyday Happiness Mantras takes old habits and imbues them with new significance that gives them renewed relevance. If you are choosing happiness over everything else this year, this is the book for you.

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