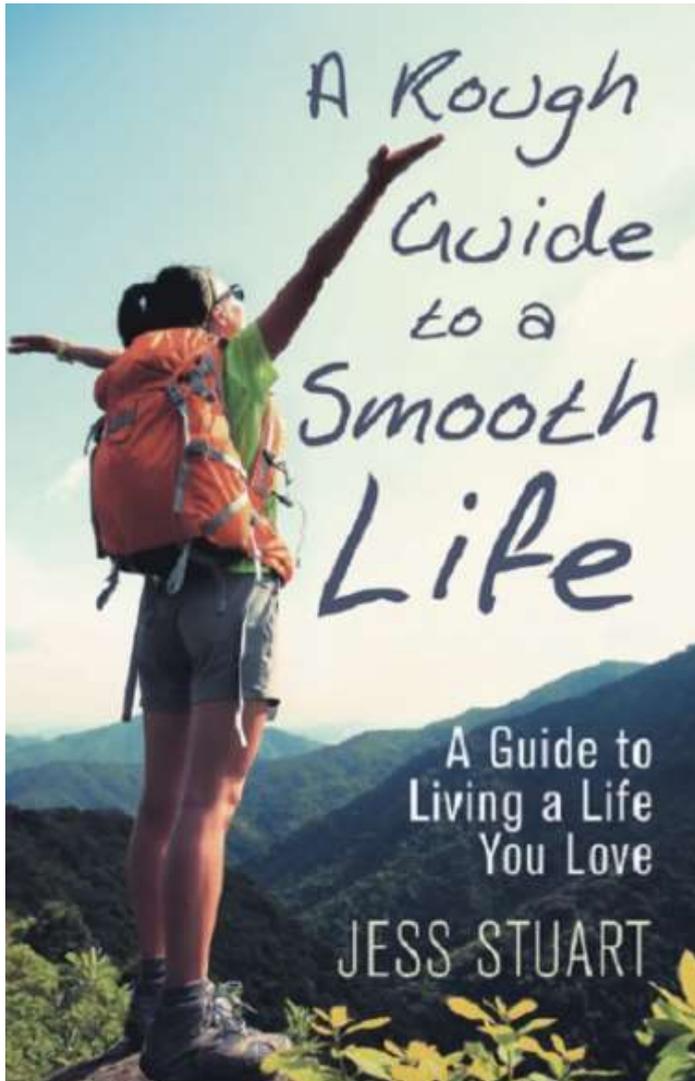


Rediscover the art of happiness, find meaning and purpose to create a life you love.



Does it feel like you're always striving but never arriving? What would it be like if life wasn't so hard, if you had more time and energy? It's the question we're all trying to find the answer to; where is happiness and how do we get it? This is a practical self-improvement guide on surviving modern life. Rediscover the art of happiness, find meaning and purpose, and create a life you love.

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"Jess uncovers the key to creating a happier life and leads by example. Her perspective shines a bright light at a much needed time. Let her guide you, this book will help." Shannon Kaiser, Best Selling Author of *Adventures for Your Soul & Find Your Happy*

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Born in England and a resident of New Zealand Jess Stuart is a Wellness Coach, Author and Speaker. After a successful career in the corporate world, Jess chose to follow her passion in wellness. She is a qualified

Yoga Teacher and Life Coach who has trained in Buddhist meditation and mindfulness. Having lived, worked and volunteered in many countries, Jess draws her life experience into her work with a mission to inspire people to realise your potential and find happiness to create a life you love.

