



My Happy Heart Journal 91: The Happiness Process as a Life Altering Daily Practice (Twenty One Days to a Happy Heart) (Volume 3)

Mr Russell Manson Schmidt

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My Happy Heart Journal is for individuals looking to implement The Happiness Process as presented in the book *Twenty One Days to a Happy Heart*, by Russell M Schmidt. "Ten to twenty minutes of writing in the morning about gratitude, meaning, celebration, sharing, fun and adventure promises an immediate payoff of being in the starting blocks of a winning, meaningful and happy day every day". "You can practise the proven happiness habits to increase production of happy drugs or you can let your subconscious programming continue to run the show with the automatic production of fear drugs".

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