

**H**appiness is for those who cry,  
those who hurt,  
those who have searched,  
and those who have tried...

Welcome to *The Book of Happiness*! Please enjoy these meditations on Wisdom, Hope, and Beauty. For the full experience, light a scented candle, put on some Kenny G,

and nestle down with a cup of herbal tea before reading. It will put you in the right mood to be soothed, loved, cared for, and Happy. The following Meditations can be read in any order. Follow your heart as you choose which pathway to Happiness you will take.



**For only they can appreciate the importance  
of loafing on the couch  
and letting others do the hard work.**