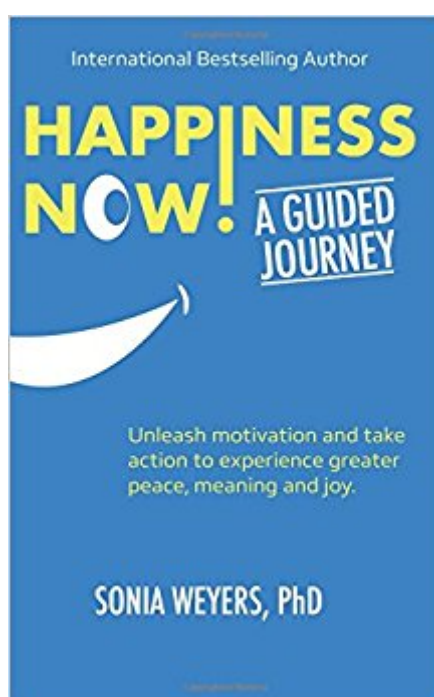


The book was found

# Happiness Now! A Guided Journey: Unleash Motivation And Take Action To Experience Greater Peace, Meaning And Joy.



## Synopsis

Have you struggled with feeling down? Do you want more out of life? Have you wondered how to find happiness? This no-bullshit, hands-on book will take you through a guided journey, in which you will find the keys to greater peace, meaning, and joy. You might have been struggling for quite some time, or you might be facing a momentary challenge. You might have physical issues or emotional issues. You might feel like there must be more to life. The reflections, exercises, and calls to action in this book have already helped busy professionals, stay-at-home parents, and many others create a better quality of life. Written by Coach and Therapist Sonia Weyers, *Happiness Now! A Guided Journey* will take you by the hand and show you how to:

- Build a powerful mindset
- Reflect on major areas of your life
- Clarify your needs
- By reading *Happiness Now! A Guided Journey*, you will learn to:
- Craft empowering morning or evening routines
- Clean up your diet
- Relax almost instantly
- Treat yourself kindly
- And so much more

Follow the advice in this book, and you will soon enjoy your life more than ever. Most activities can be done in less than fifteen minutes and can yield great benefits. Start turning your life around, savoring every moment for the gift it truly is, and develop healthier habits for a happy life. Follow the guided journey to authentic happiness by clicking the **BUY NOW** button at the top right of this page.

## Book Information

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## Customer Reviews

"Most people today don't know how to be happy. Find *Happiness Now!* when you take this guided journey to happiness by Sonia Weyers!" - Marshall Goldsmith -

The 50 Thinkers 50 #1 Leadership Thinker in the World.

Sonia started off studying engineering, statistics and earning a PhD in mathematical economics. Through this path, she felt unsure of her choices, unhappy and yet powerless to change course. One step at a time, going through a huge amount of personal development, she came to realize that she was on the wrong path. Her unrelenting pursuit of happiness led her to leave her career as a professor. She then worked as a scrapbooking consultant, helping people enhance their photographic memories. This was the premise to her activities focusing on increasing well-being for her clients. She became passionate about helping others move beyond their difficulties and bring more joy and fulfillment to their lives. Having explored many avenues in search for more meaning in her own life, Sonia now imparts the lessons she has learned. In her work as a Gestalt-therapist and coach, she helps people to resolve difficulties rooted in the past and realize their objectives for a brighter future. In her group workshops and with her publications, she sensitizes people to the possibilities of improving their lives. Sonia holds a holistic perspective on being human and she emphasizes the relational nature of our lives. Her mission is to lead people to cultivate self-fulfillment by discovering their keys to a happy life within their environment.

I really enjoyed reading this book. It's actually a comprehensive Happiness Handbook. Dr. Weyers covers so many areas (food, emotions, spirituality, etc.) where sources/ingredients for happiness can be found -- without those things, and in balance (as she says), happiness may be sought after but never achieved. It's clear she has done a lot of research to reach her conclusions, and the writing is very smooth and personable -- not preachy, but informative like a friend speaking to a friend. I highly recommend this book!

What a great book if you're into improving yourself. (And who isn't?) It's an easy read and gives you simple steps to follow. I have a large collection of self help, motivational and personal development books but this one gives you very simple steps to take. They are not big time consuming tasks. They're just little tips that you can do in your everyday routine that will help you one little piece at a time. I really enjoyed the book and it is now part of my personal development library. I recommend this for anyone of all ages no matter what their situation. I look forward to more books from this author.

Taking action in your life to create a better lifestyle and, yes, happiness is so hard for so many. The

intention might be there but taking that step or knowing how to approach a change or actions in your life for more happiness is a road block for too many. This book is set up to overcome those roadblocks! It is very organized and easy to follow, yet a pleasure. It works on both physical and mental part of your world and being. There are easy steps and ideas to follow and build on. And I love the quotes from wise people spread throughout the book. If you are looking to lead a happier life and need some help, this is the book to help you.

I really enjoyed reading this in-depth motivational book and putting into practice what I learned. The end result is actually more happiness! In this book, Sonia Weyers walks you through the where, what, why and how of achieving a life filled with greater peace, meaning and joy. She addresses several areas of life, ranging from physical and emotional to social and money (and everything in between), and offers recommendations for improving each. She even recommends which foods to eat and which to stay away from for greater health, and includes various self-care practices, and ways to turn them from goals to life long habits. Along with all of that, Sonia also shares simple but empowering activities that aid in promoting a healthy, happy body, soul and spirit. This is truly a "guided journey", and a great reference book that I will be referring to often. Many "take-aways" from this great book!

I enjoyed reading this book and have greatly benefited myself by doing so. The author discusses the steps needed to improve satisfaction in life through the proper mind set, areas to focus on to have greater peace, joy, etc. and getting into action to achieve it. This book reminded me that there are some areas in my life that I am slacking on especially the part about my physical health. I am now more committed to eat healthy, regularly exercise and sleep well. I've read this book in a single sitting but I'll definitely re-read it once again to better grasp the wisdom found in this book and will download the accompanying free workbook as well to write my insights on to help me in my journey to a better me.

Dr. Sonia Weyers wrote a very comprehensive book on how to achieve happiness in your life. She covers emotional, spiritual, behavioral and other important topics. She guides you well and obviously from an experts point-of-view. It is a wonderful guide where she give you suggestions and tools to stay in balance. Wonderful to read and I would recommend it highly.

This well written book is chuck full of lots of helpful pointers and advice. It served as a great

reminder of steps I can take to find more contentment and happiness in life. I encourage you to make the time to read this book.

I truly enjoyed this book. I especially appreciated that most exercises and calls to action could be completed in less than 15 minutes. The author provides a wealth of information to build a powerful mindset and to help the reader gain clarity in his or her needs and desires.

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