



Field Guide to Happiness for Women

Barbara Ann Kipfer

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FIELD GUIDE TO HAPPINESS FOR WOMEN is a book about using interesting tools to discover what makes you happy and sets you on a course to “choose” happiness. Topics such as food and exercise, ways of thinking, simplifying, and taking action; meditation and spiritual pursuits; gratitude and kindness - 200 ways to appreciate life, in all its messy imperfect excellence.

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