



Walking on Sunshine: 52 Small Steps to Happiness

Rachel Kelly

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A compact, accessible, life-changing book, internationally bestselling *Walking on Sunshine* offers fifty-two tips and tools (one for each week of the year) to increase your happiness year-round and help you manage the mood-altering pressures of everyday life.

In the form of weekly journal entries over the course of a year, journalist and mental health activist Rachel Kelly shares the fifty-two strategies that have helped her cope with depression and anxiety and maintain a calm, happy lifestyle. There's no complicated program involved, no overhaul of your current way of life: just simple shortcuts to lighter, more conscious living—tangible rituals you can use to care for your body and mind. In the pages of this engaging, user-friendly book, you'll find breathing techniques, poetry, prayer, philosophical nuggets, and meditations, all of them lovely, gentle suggestions designed to bring more ease and equanimity into your daily life.

Whether you're going through a particularly emotional time or you're just trying to figure out how to achieve balance and moderate your reactions to conflict, there's something for everyone in this encouraging, comforting book. Written in the candid, conversational style of a good friend and accompanied by delightful cartoon illustrations, *Walking on Sunshine* is a portable, supportive companion that will see you through your ups and downs.

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