

FIND YOUR JOY

STOCK UP TODAY

Discover the power of mindfulness, gratitude, self-care, and resilience and bring joy to your life



“WHEN HAPPY IS HARD TO COME BY, THIS GUIDED JOURNAL CAN HELP YOU GET THERE!”
Health Magazine

JENNIFER KING LINDLEY
PREFACE BY SARAH SMITH,
EDITOR-IN-CHIEF OF *Prevention*
December 29, 2020

HEARST HOME
TR: 9781950785063 / \$15.99 U.S. / \$21.99 CAN
Trim Size: 5-½ x 7-½
Page Count: 128
Carton Count: 40
Illustrations: 100+ color illustrations

BISAC 1:
Self-Help - Journaling
BISAC 2:
Self-Help - Personal Growth
- Happiness
BISAC 3:
Body, Mind & Spirit -
Mindfulness & Meditation



Distributed by
Penguin Random House Client Services
To order, call your PRH sales rep
or customer service: 1-800-733-3000

