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This self-help book and journal  
all-in-one helps you train your  
mind for greater positivity in  
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**HIGHLY SUCCESSFUL SELF-PUBLISHED TRACK:** This self published all in-one-self help book & journal was first published on November 27, 2021 and has sold 60,000 copies online to date. Hay House have retained the ISBN and original on-sale date and metadata.

**HUGE ONLINE COMMUNITY TO TAP:** Kristen and her Power of Positivity brand reach more than 50 million people across platforms and around the globe.

**ACCESSIBLE AND EASY TO USE:** Each entry takes just three minutes to complete, and Kristen's guidance is clear and engaging.

**TIMELESS TOPIC:** We are always looking for ways to be more positive and live more happily!

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**Kristen Butler** began her positivity journey in 2009 after hitting rock bottom. She has a background in social media and journalism since 1998. She is passionate about helping others boost their mood, train their brain, and improve their life.



**Residence:** Asheville, NC  
**Hometown:** Pittsburgh, PA  
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