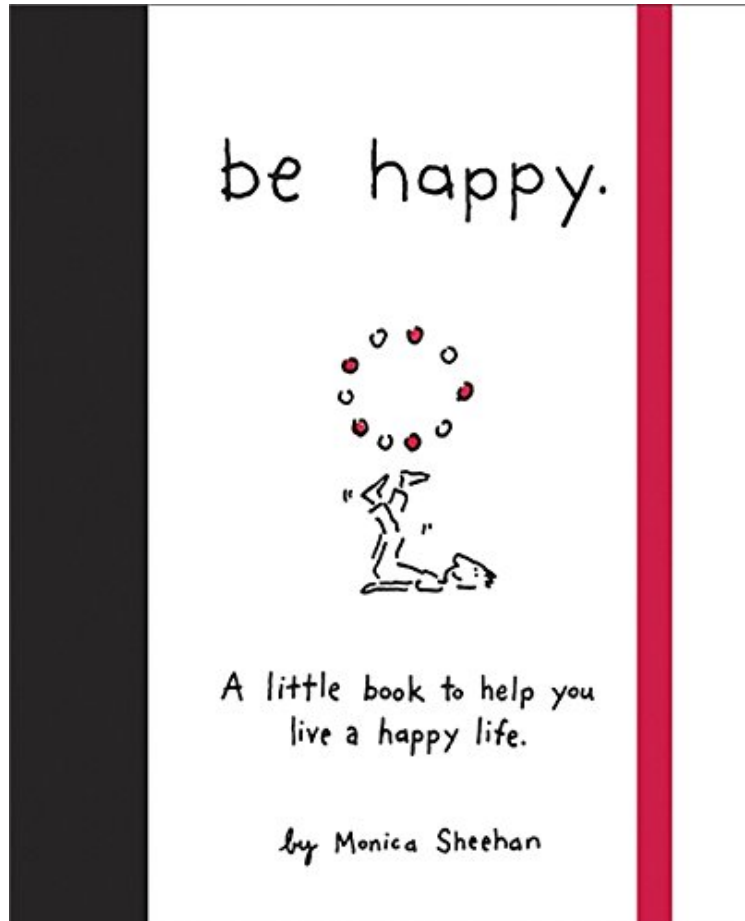


[Download pdf] Be Happy: A Little Book to Help You Live a Happy Life

## Be Happy: A Little Book to Help You Live a Happy Life

Monica Sheehan

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**Monica Sheehan : Be Happy: A Little Book to Help You Live a Happy Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised Be Happy: A Little Book to Help You Live a Happy Life:

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A meaningful gift for grads, new parents, newlyweds, or anyone starting down a new road in life, this inspirational book of charming cartoons is full of reminders to "be happy!" Illustrator Monica Sheehan has collected some of her most beloved cartoons from Real Simple magazine in a truly inspirational book that will remind you of the small things that really do matter for a happier life: show up, do things you're good at, dance...and get a good night's sleep. Be Happy takes up where Life's Little Instruction Book leaves off, pairing simple truths with charming, New Yorker-esque illustrations in an irresistible, pocket-sized package that's all wrapped up with a red elastic ribbon.

About the Author Monica Sheehan is the eleventh child in a large, boisterous family and learned early on to use humor as a survival skill. She nurtured her artistic talent while working as, among other things, a chimney sweep. She has illustrated 12 books and co-authored two. Monica lives at the Jersey shore.