



# 70 Days of Happy: Life is BETTER When You Smile

*Shelley Meche'tte*

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## **70 Days of Happy: Life is BETTER When You Smile** Shelley Meche'tte

70 Days of Happy: Life is BETTER When You Smile is a personal journey of self-discover and empowerment; providing helpful tools and suggestions to help take BACK the emotional control that others have repeatedly been allowed access to in your life.

Stop looking to others for your happiness, peace, contentment, life's purpose and value. None of those things will be found in them. PURE joy begins within and flows outward. Only then will it be real. Only then will it last.

You have the power to create change; in yourself, your family, community and this world through the purpose that was strategically designed, solely for you. 70 Days of Happy can show you how to ignite it!

The keys are in YOUR hands. What doors will you open today...tomorrow...in LIFE??

Let's take this journey together, and find out!

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