



Instant Happy Journal: 365 Days of Inspiration, Gratitude, and Joy

By Karen Salmansohn

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Brighten your day with this colorful journal from happiness expert Karen Salmansohn. Jam-packed with 365 “happiness prompters” including motivational quotes, scientific studies, and thought-provoking questions, this journal amps up your ability to notice (and create!) moments of joy and gratitude in your life—one day at a time.

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Instant Happy Journal: 365 Days of Inspiration, Gratitude, and Joy By Karen Salmansohn Bibliography

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Editorial Review

Review

Salmansohn reminds us that in life, we are in charge of our own destiny. We have the power to overcome through gratitude, humor and courage.

–Tony Robbins, NY Times Best Selling Author

Karen is an expert on psychological research studies to help you not only recover from the tough times, but also bounce back to an even higher level than your previous bests.

– Tim Ferriss, NY Times Best Selling Author

Karen packs a library's worth of proven insights into all she does. For anyone mired in the dumps – or who just wants to live more joyfully – Karen's for you!

– Gretchen Rubin, NY Times Best Selling Author

Karen's writing is like Paxil without the side effects. If you've been sucker-punched by life (in other words, if you're human), Karen gives you empowering, user-friendly tips to deal with it. The very act of reading her writing will make you feel happier.

- A.J. Jacobs, NY Times Best Selling Author

Salmansohn's writing is bold, playful, insightful – with powerful metaphors that provoke and inspire. Her kinetic images amplify her message and take her books to a new level of literary experience.

– Deepak Chopra, NY Times Best Selling Author

If you're not happy with what you're getting, maybe you need a whole new plan. Karen Salmansohn offers you one. Start now! – Seth Godin, NY Times Best Selling Author

Karen Salmansohn is a creative force of nature. I love her insights and relentless commitment to helping people live happy and successful lives. Her smart sense of humor and unusual metaphors make changing your life not only do-able but, totally fun. I simply adore her! – Marie Forleo, founder The B School

Salmansohn's got sass and shine! Her work sparks people to wake up, and at the same time, gives the comfort of perennial wisdom — such a divine combo. Sass and shine, in the best packaging! – Danielle LaPorte,

Life is full of surprise challenges – and Karen Salmansohn offers informative research from the world of resiliency psychology to help ensure you bounce back from tough times stronger, better, happier!

– Marci Shimoff, NYTimes Best Selling Author

Salmansohn's advice for regaining your footing after a life set back is smart, do-able and even fun.

– Lucy S. Danziger, Editor-in-Chief, SELF Magazine

Karen Salmansohn is the high priestess of great attitude!

– Marshall Goldsmith, NYTimes Best Selling author

Karen Salmansohn will lift your spirits at the same time, focus your path in the truths, challenges and

opportunities found in everyday life.

– Sharon Salzberg, co-founder of the Insight Meditation Society

Karen Salmansohn is a big brain in high heels.

– Goldie Hawn, actress and founder The Hawn Foundation

About the Author

KAREN SALMANSOHN is the best-selling author of more than 25 books with over 1 million copies sold. She has been a featured happiness expert on the *Today* show, *The View*, CNN, Fox News, *Real Time with Bill Maher*, and is an online columnist for *Oprah*, *Psychology Today*, AOL, and the *Huffington Post*. She and her work have been covered by the *New York Times*, *Businessweek*, *Chicago Tribune*, *L.A. Times*, *Philadelphia Inquirer*, *Time*, *Marie Claire*, *Fast Company*, *InStyle*, *Self*, *Elle*, and the *New Yorker*. Salmansohn has also worked as an image consultant for MTV, Nickelodeon, Oxygen Media, and L'Oreal and speaks on how to increase happiness, creativity, and productivity, most recently in the TEDx talk, "Fun Is a High Performance Fuel."

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My mission: to help you to live your happiest life.

My strategy: I've filled the pages of this *Instant Happy Journal* with what I call "happiness prompters"—a range of motivational quotes, thought-provoking questions, scientific research studies, and soul-stirring philosophical thoughts. Each page's happiness prompter is meant to inspire you to reflect and focus on where the most joy, appreciation, and love can be found in your day (and your life).

This journal also has fill-in dates so you can reflect and write at your own pace. Feel free to write either in the morning (to set an intention) or at day's end (to share a reflection).

Many of the happiness prompters are ones I use with my family. For example, in my home we have one of my *Instant Happy* posters displayed on the inner side of our front door, which we read every day:

"Something awesome is going to happen today.

I can't wait to see what it will be."

Having this happiness prompter in our faces on a daily basis reminds us to be what I call "awesome seekers."

Keeping this quote in mind helps us tune into the frequency of awesome—and to perk up and appreciate what's happy in our day. Being an awesome seeker has been shown to increase happiness—in particular, when the awesomeness sought gets recorded in a journal. In a recent study, University of California researchers divided participants into three groups. The first wrote once a week in a journal about five awesome things they were grateful for. The second described five daily hassles. The third listed five random events. The results? Those in the first journal group reported an increase in happiness, more optimism about their future, and more improvement in health problems than those in the other two groups.

The *Instant Happy Journal* you now hold in your hands is filled with 365 different happiness prompters. Each one will inspire you in a variety of ways to be an awesome seeker—paying mindful attention to all the good people and good events your life is blessed with! (And mindfully reframing those less-good challenges.)

With this *Instant Happy Journal*, day by day (or night by night) you will train your brain to focus on where the most inspiration, gratitude, and joy are to be found. Soon you will say farewell forever to a glass-half-empty mindset and say hello to a new awesome-seeker mentality.

P.S. If you've written down something that you feel is especially inspiring, I'd love to hear it! You can write to me at notsalmon.com, and tweet or Instagram an excerpt to @notsalmon (#instanthappy).

Users Review

From reader reviews:

Tina Brookins:

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Ellen Jones:

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William Grimm:

Exactly why? Because this *Instant Happy Journal: 365 Days of Inspiration, Gratitude, and Joy* is an unordinary book that the inside of the publication waiting for you to snap it but latter it will shock you with the secret this inside. Reading this book next to it was fantastic author who all write the book in such incredible way makes the content inside of easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you because of not hesitating having this any more or you going to regret it. This excellent book will give you a lot of advantages than the other book possess such as help improving your skill and your critical thinking means. So , still want to hesitate having that book? If I ended up you I will go to the e-book store hurriedly.

Mamie Salinas:

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