



## The Hound of Happiness: 52 Ways to Feel Good (Paperback)

By Kim Ingleby

Kim Ingleby Media, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Kim Ingleby s Hound of Happiness - 52 Tips to Feel Good is a brilliant little book as gift for yourself, and others. Triple Award Winning Mind Body Coach TEDx Speaker Kim, has created 52 easy, practical tips to help you overcome your fears and doubts, and create a happy life. The tips can be done week by week, or just dipping in and out as you wish. There are 6 blank pages to help you create your ideas, habits and dreams into action at the end, along with support and social media engagement links. Endorsed by Helen Skelton (TV Presenter), David Hamilton (Hay House Author) Ian Waite (Strictly Come Dancing) this book is versatile and appropriate for all ages, especially those who love dogs! The Hound of Happiness encourages you to focus on the positives in life, and grow your inner contentment. This has evolved from Kim s personal story from healing a complex neurological condition from swimming in open water in 2013, and her rescue dog Jake s ability to trust again, with Kim being his third home...



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