



# Walking on Sunshine: 52 Small Steps to Happiness

*Rachel Kelly*

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## **Walking on Sunshine: 52 Small Steps to Happiness** Rachel Kelly

Research shows that most people need a variety of strategies to stop worrying and stay calm...Walking on Sunshine offers 52 tips, tools and positive thoughts (one for each week of the year) to guide you through the seasons and better manage the pressures of everyday life. Some of the strategies relate to particular experiences and events, such as holidays or exams; others are useful at any time. Indeed this is an ideal book to dip into whenever the mood takes you. There is also space for you to record your own thoughts and feelings. Your very jottings will be a step towards living mindfully. Written in the confidential, conversational style of a good friend and delightfully illustrated by Jonathan Pugh, Walking on Sunshine will act as a constant, supportive companion through your ups and downs.

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