



The Goddess of Happiness

Debbie Gisonni

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Most people consider happiness the most important pursuit in life, yet few seem to find it. Women, in particular, face a constant internal battle between finding their own happiness and ensuring the happiness of others. Debbie Gissoni, aka "The Goddess of Happiness," shows that happiness is a choice that anyone can make, anytime and anywhere. In 44 dynamic entries the author shares her stories, insights, humor, and simple suggestions to bring out the radiant Goddess in every woman. Each entry includes meditations and journaling ideas to help readers transform the pursuit of happiness into a tangible, everyday practice. Gissoni teaches that all women are goddesses — they just need to tap their innate power and reacquaint themselves with their own magic; and that life is meant to be enjoyable — not to be taken so seriously or made too complicated. Each of these chapters ends with five simple ways to have an easier and happier life.

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