



Be Happy!: A Little Book for a Happy You

Monica Sheehan

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Be Happy!: A Little Book for a Happy You Monica Sheehan

Monica Sheehan has taken her bestselling book *be happy*, and created an irresistible little gem for people *BIG & small*. So open it up and get inspired to . . .

Sing and dance a little!

Have fun!

Be kind--be brave!

And be the best YOU.

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