



Walking on Sunshine: 52 small steps to happiness

Rachel Kelly

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***Walking on Sunshine* offers 52 tips, tools and positive ideas (one for each week of the year) to guide you through the seasons and better manage the pressures of everyday life.**

In a diary of her year, Rachel Kelly shares the strategies that have helped her stay calm and happy after overcoming depression. Some of the steps relate to particular experiences and events, such as holidays, dramas at work and her children's exams; others are useful at any time. Indeed this is an ideal book to dip into whenever the mood takes you.

Written in the confidential, conversational style of a good friend and delightfully illustrated by *Daily Mail* cartoonist Jonathan Pugh, *Walking on Sunshine* will act as a constant, supportive companion through your ups and downs.

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