

*This is a true account of one person's journey to find the good in her daily experience. It's honest, genuine, and entertaining. And upon reading the book, you just might find yourself starting your own journey to happiness and fulfillment.*

**Being Happy Now:  
A year of looking for the good every day**

by Tomi Rues

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A YEAR  
OF LOOKING FOR THE GOOD  
EVERY DAY

# BEING HAPPY NOW



CREATOR OF THE  
BEING HAPPY NOW WRITING JOURNALS

TOMI RUES

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*Being Happy Now*

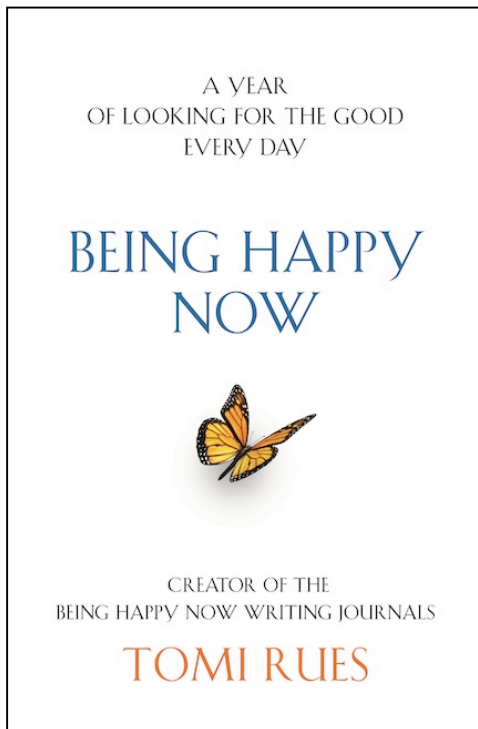
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## **Being Thankful and Keeping Things Simple**

Probably two of the things that I learned and that I will be applying toward every day the rest of my life is being thankful and keeping things simple. I believe it's a universal law that when we are thankful our happiness increases. When I remind myself to keep things simple, I feel instant relief.



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