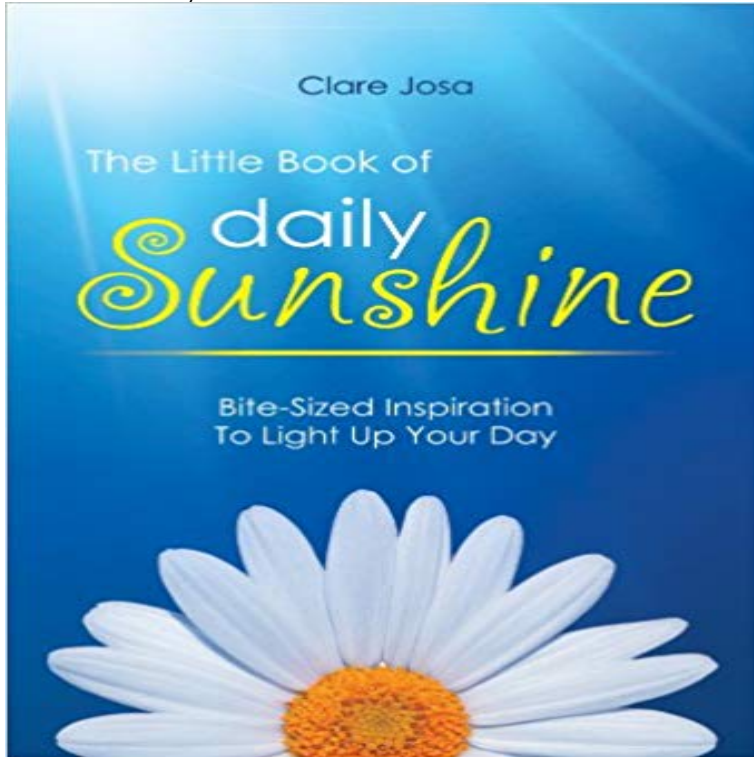


## The Little Book Of Daily Sunshine: Bite-Sized Inspiration To Light Up Your Day



The Little Book Of Daily Sunshine brings you bite-sized doses of inspiration, each with a powerful message, life-changing technique or motivational insight. You could choose to read it cover-to-cover, you could read one message each morning, to inspire your day, you could open it at random, to discover what you most need to know today. It's pocket-sized, so you can take it with you whenever you need it. The inspirational messages take less than a minute to read, yet they can light up your day and help you to make deep-acting changes in all areas of your life. These Daily Sunshine messages can touch your life, inspiring you to dump your old excuses, to set yourself free from limiting beliefs and to head towards the life of your dreams.

Feedback For The Little Book Of Daily Sunshine

I love my Daily Sunshine messages! They're exactly the thing that is needed to jolt me out of early-morning-grumpy mode every day and make me think about what makes me and others happy. Thank you for them and bless you.

Catriona This little book does exactly what it says on the cover, it provides you with a dose of Daily Sunshine, no matter what the weather is like outside. I've been reading Clare's Daily Sunshine messages over the past years and they have been a great help through some difficult and stressful times: to cope with the falling out of husband and son without appearing to take sides; to maintain patience and hope during a very long and difficult house sale; to conserve and build the strength required to pack and move house; to keep smiling when things don't go right. Thank you Clare.

Joy I really appreciate the way the Daily Sunshine messages take me out of my head and into my present-moment experience of life. Sometimes when I'm lost in all the things I have to do, I read a Daily Sunshine message and it helps me re-focus on what's important on what matters; and that's rarely

the to do list. It brings me back to real life. Peter About The Author Clare Josa is an NLP Trainer, Meditation Teacher and Dedicated Happiness Experimenter. Her dream is to inspire people to reconnect with the beauty of who they really are and to spread a wave of sunshine around the world. She lives in Sussex, UK, with her husband, 3 young boys and a very bouncy Jack Russell.

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