

# THINGS DO NOT CHANGE WE CHANGE

- Henry David Thoreau

Was 2020 a **challenging**  
year for **you** and  
your beliefs?

Are you feeling:

- **Low energy**
- **Self-critical**
- **Discouraged**
- **A little lost**

Come join us in a  
community that  
chooses **joy** and  
**happiness** with real  
practical tools that you  
can implement  
immediately.

## REACH OUT

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# HAPPY STARTS WITH YOU

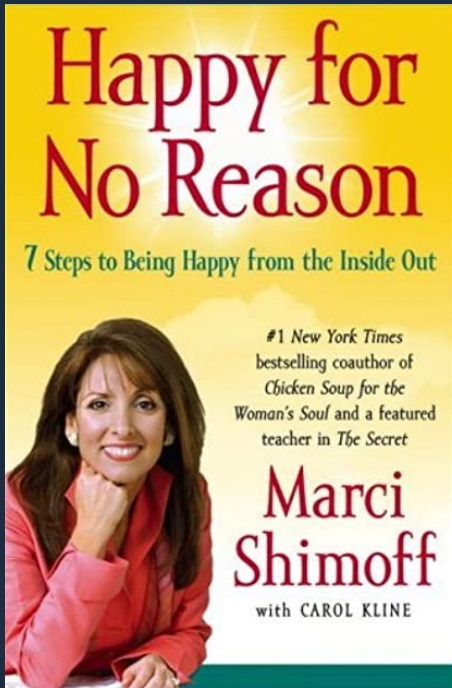
*Your Inner Peace and Joy*



**SILVIA PETERSON**

Certified Happiness Trainer





**BASED ON NYT  
BEST SELLING  
BOOK**



## 8 WEEK ONLINE COURSE

### LEARN TO:

- Raise your physical, emotional, and mental energy
- Create habits that support the biochemistry of happiness
- Discover a natural state of peace and joy
- Enhance all of your relationships

### COURSE INCLUDES:

- 8 interactive sessions, delivered live 1 day per week for 75 minutes
- Small class sizes
- Sessions will be recorded and sent to you in case you miss one
- Weekly handouts and weekly homework
- Private Facebook Group for a community of happiness seekers

**COURSE PRICE: \$497**

