

Donna Sheehan

Be Happy



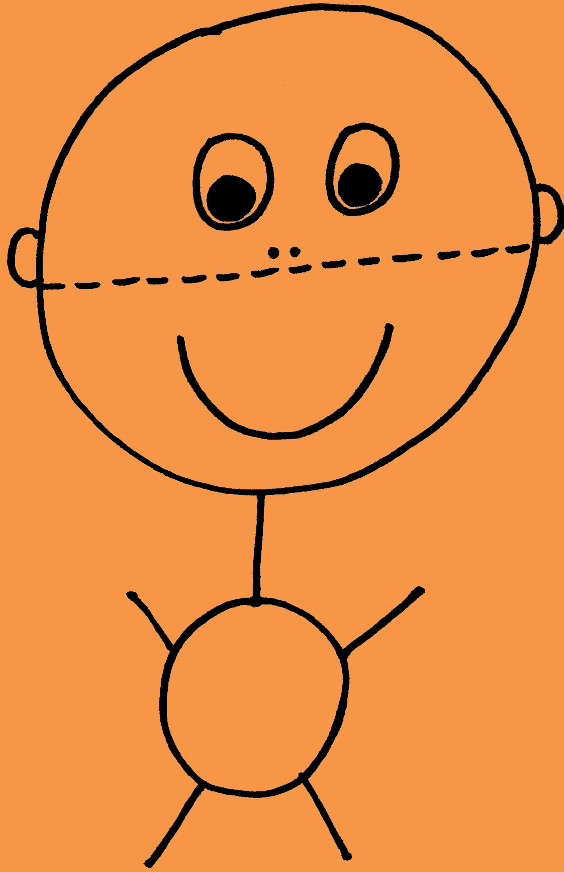
Book 2



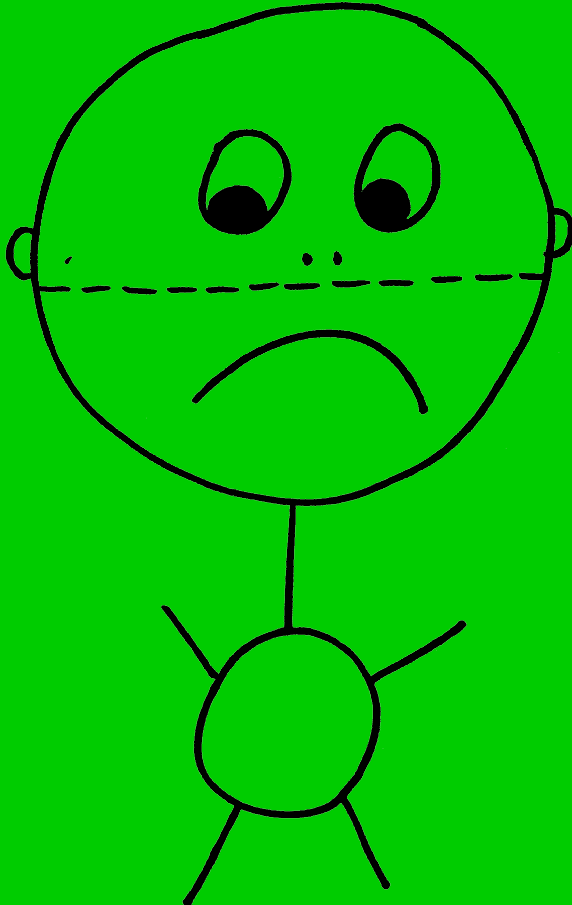
Be Happy

Book 2
"My Thinking Mind", Series 1

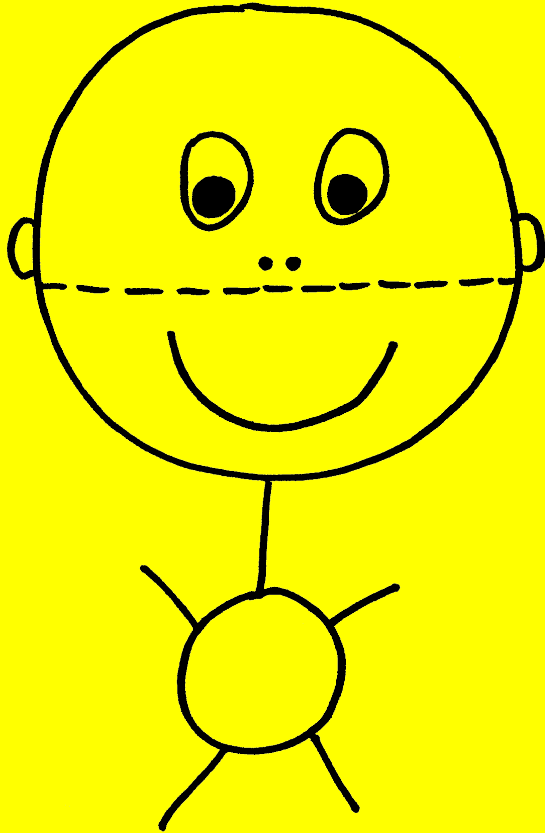
Written and Illustrated by
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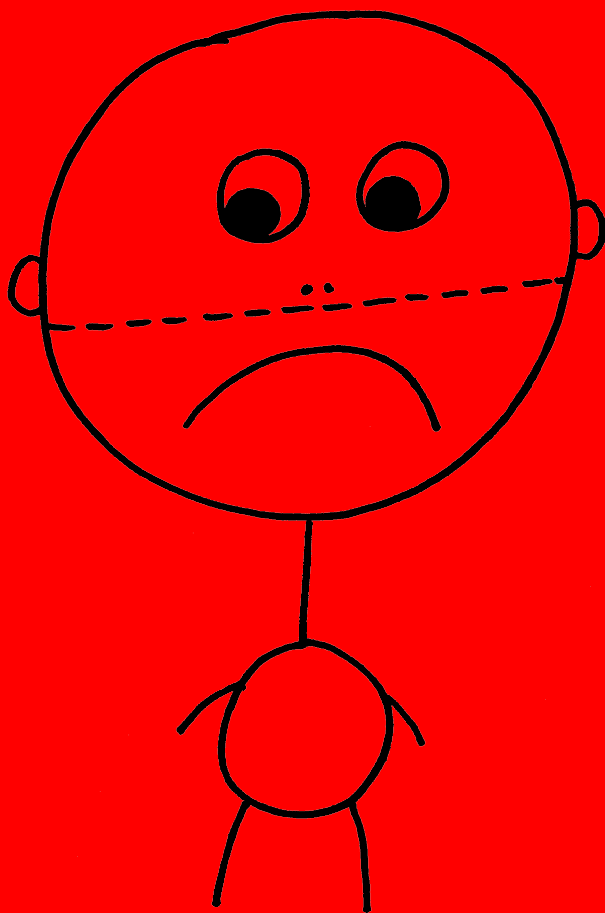
I like happy fun
feelings.



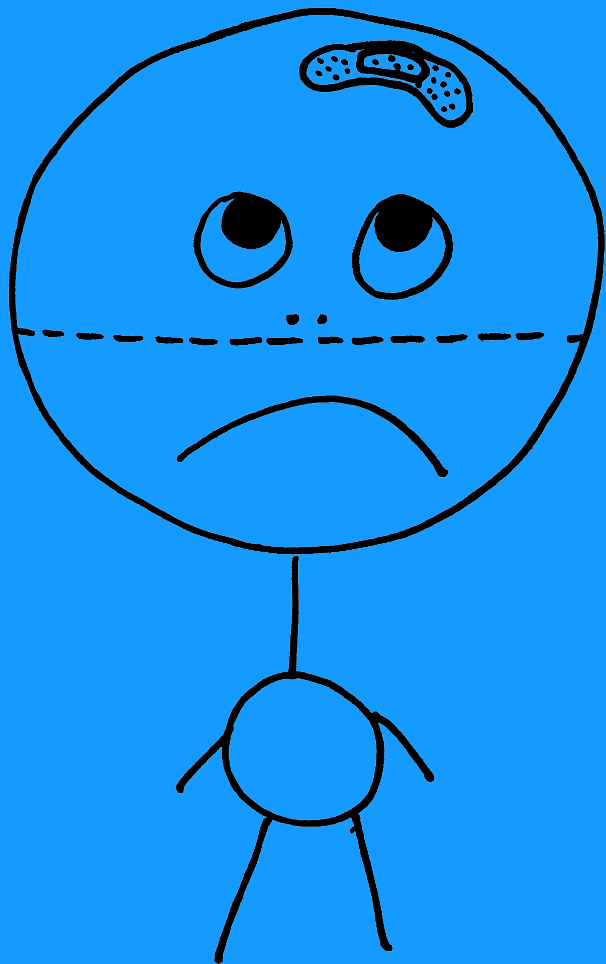
I don't like
unhappy feelings.



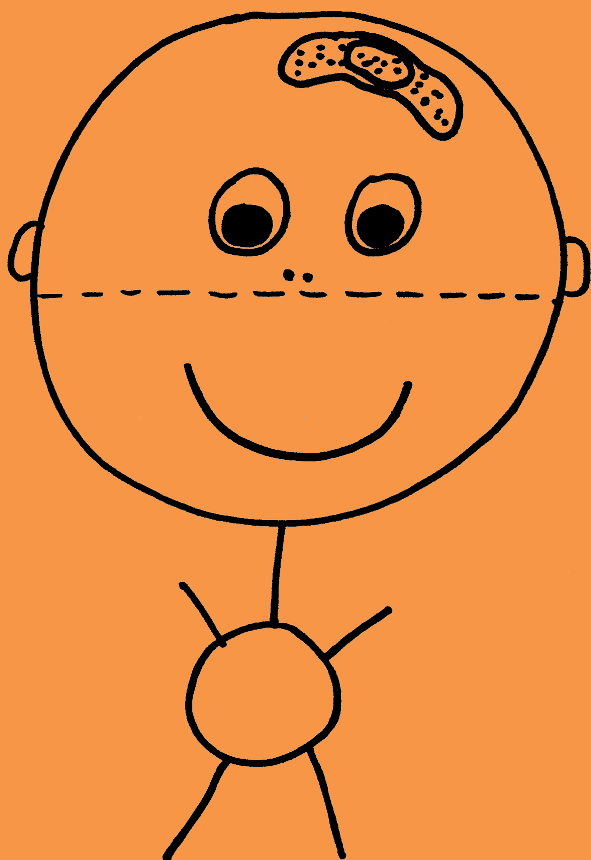
When I think
about happy,
fun things I feel
happy.



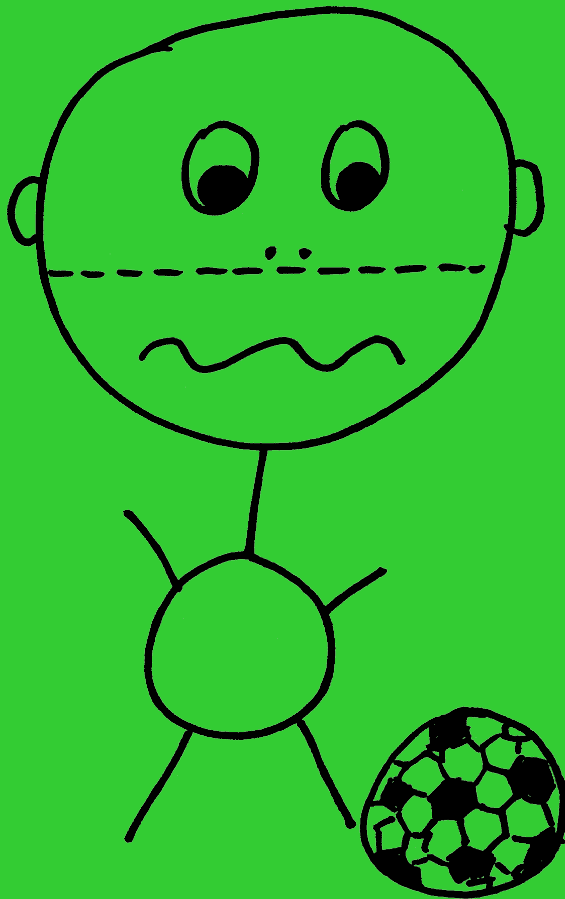
When I think
about unhappy
things I feel
unhappy.



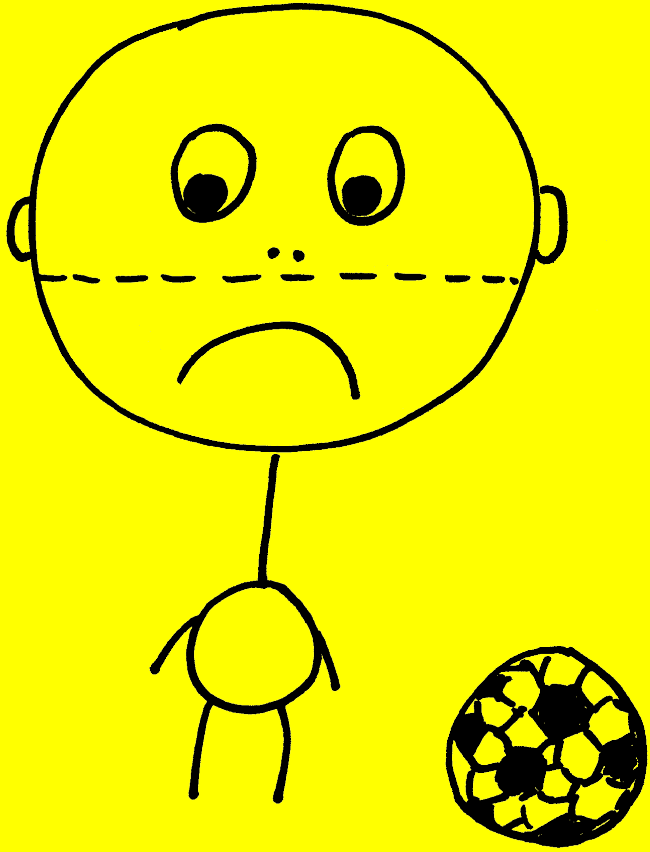
If something
unhappy happens, I
can make myself
think about happy
things instead...



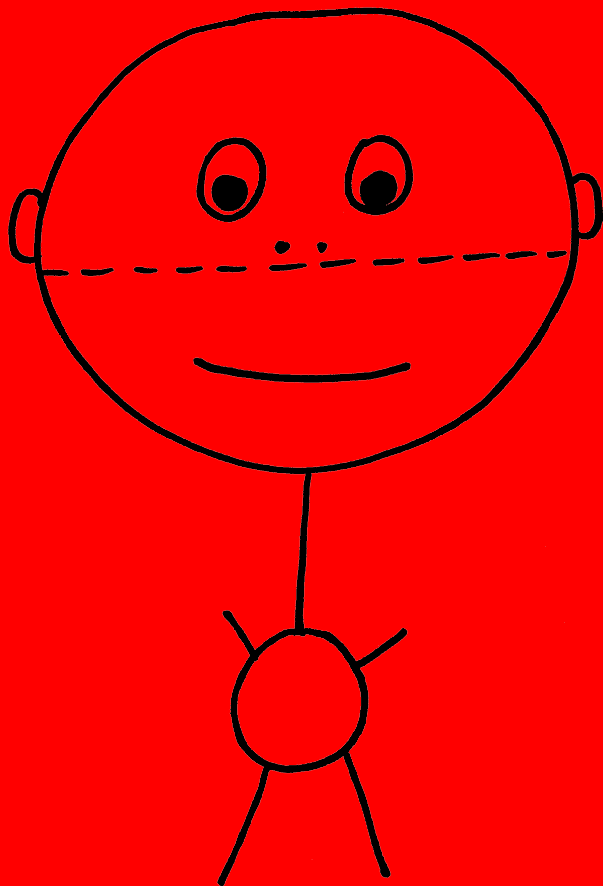
And feel happy.



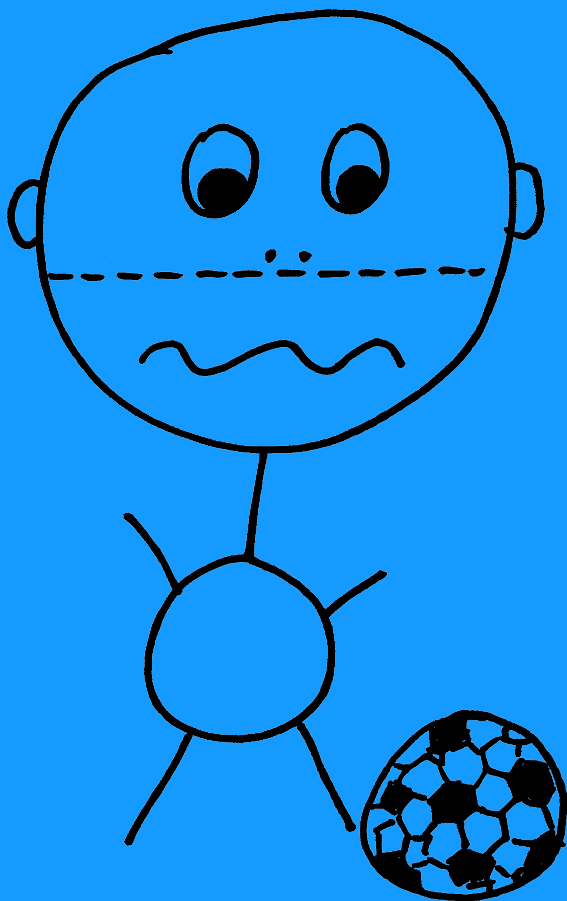
If I am doing
happy things, and
thinking about
unhappy one's...



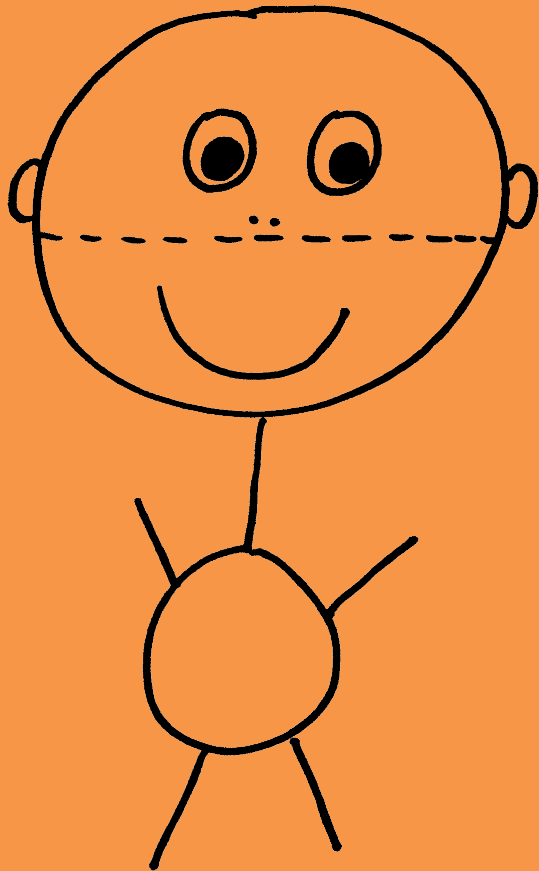
I feel unhappy.



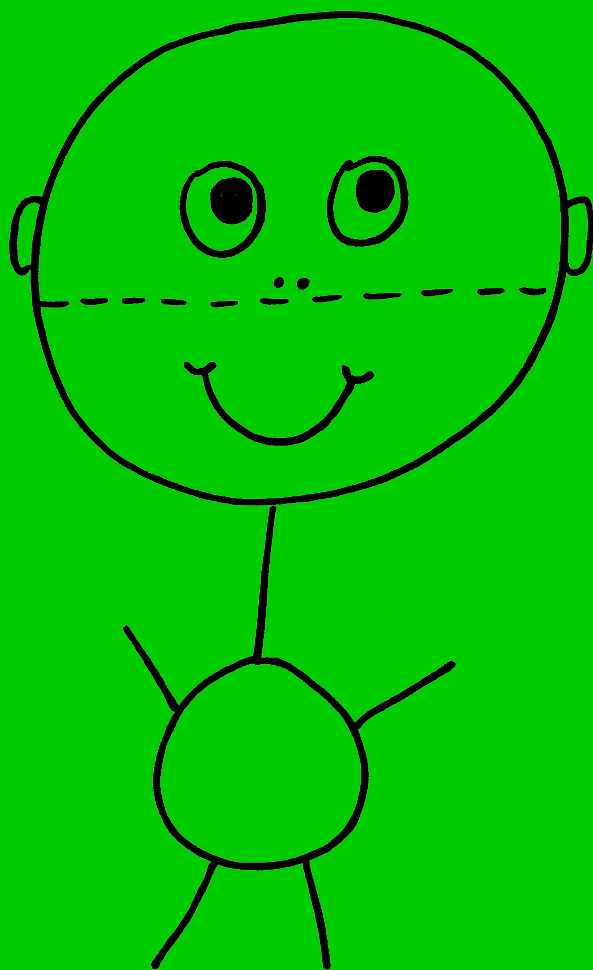
So...



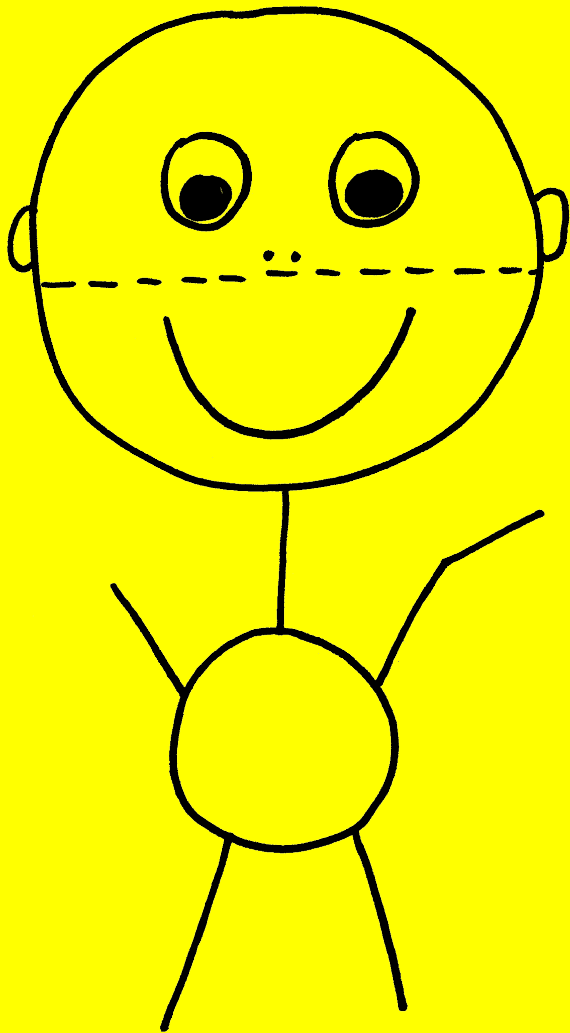
Don't worry or
think about
unhappy things.



Think of and enjoy
the happy things.



And then...



More and more
happy will come.

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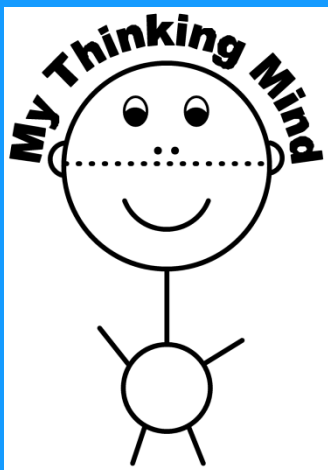
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These books were inspired by the teachings of Bob Proctor, the phenomenon that is 'The Secret' and by the mind stick figure originated by Dr. Thurman Fleet in 1934.

Thankyou.



"My Thinking Mind" Series 1:

1. I am me
2. Be happy
3. My mind and me
4. Decide what you want
5. Changing your mind

Written and illustrated by Donna Sheehan.

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