



Simply Happy Every Day (Just Try This)

Barb Rogers

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Living in a garage, so poor she could barely feed her dog, and rapidly hitting bottom, author Barb Rogers was desperate to just try anything. She combated and overcame her situation by prayer, choosing to be happy, and improving the flow of chi in her life. And the results were nothing short of dramatic. In these three books, part of the *Just Try This* series, Rogers shares the simple methods that helped her triumph over incredible adversity. These books are down-to-earth and easy to use. Readers can incorporate Rogers' wisdom and exercises into their lives every day, and they can experience the same dramatic improvements that she did. *Simply Happy Every Day* shares Barb Rogers' easy system for being happy. It's simple: we accept happiness by realizing what makes us happy and always opting for the road that brings happiness. Then readers learn how to take the second step into happiness: "When we walk in God's light," writes Rogers, "all things are possible . . . I believe no matter how bad a situation seems, it will be for the best. I stay in my business and leave God to his. And in doing these things, I know joy . . . that happiness that lives deep within cannot be taken, only given up willingly. The choice is mine." Including stories from her own life and others, *Simply Happy Every Day* is a tribute to the power of surrendering to happiness.

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