

# happiness is ...

500 ways to be in the moment

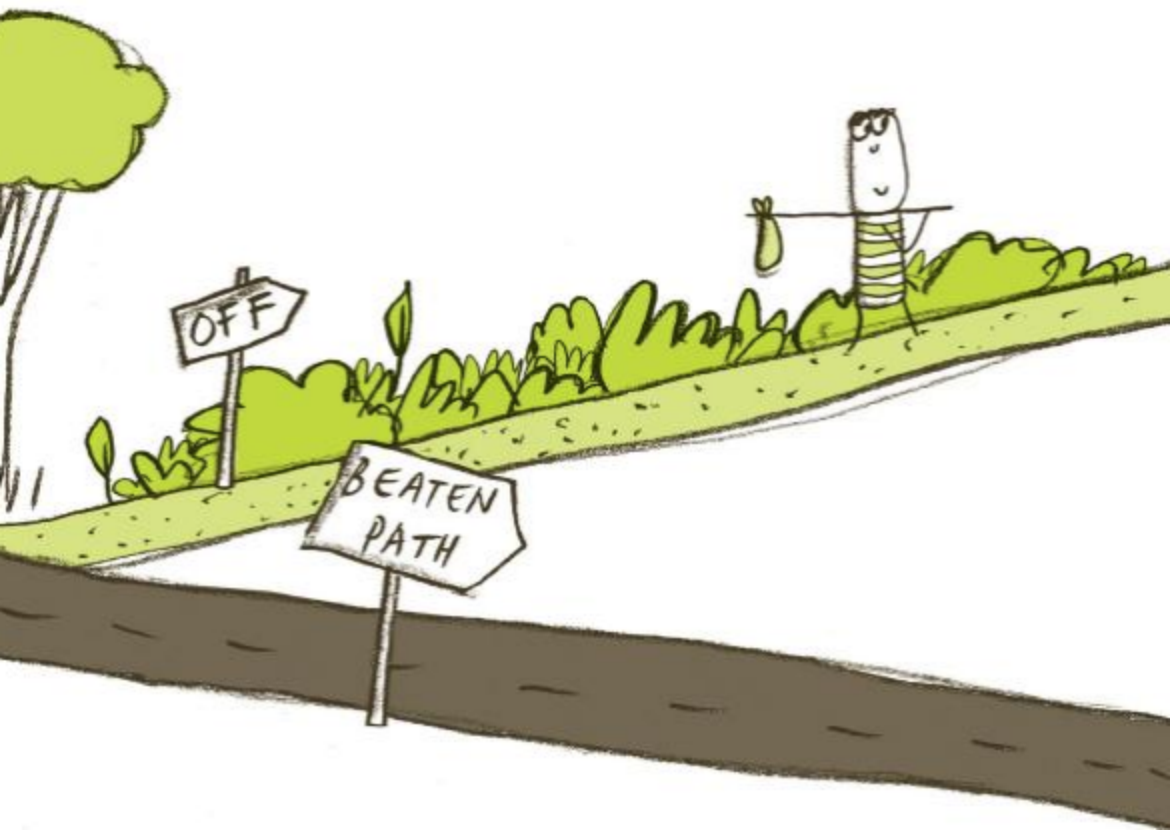


Lisa Swerling & Ralph Lazar



CHRONICLE BOOKS  
SAN FRANCISCO

taking the road less traveled





catching a rainbow in a prism



seeing someone cry from  
really good news



folding warm laundry



going right back to sleep  
after waking up in the  
middle of the night



tuning out distractions



just sitting and thinking

when your dog  
licks your ear



forgiving a friend



a good scalp massage



walking in deep snow

filling and burying a time capsule







writing down daily intentions

making your own  
delicious-smelling soaps



taking in the view  
from a bridge

