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Shannon is the best-selling author of Adventures for Your Soul, and Find Your Happy, Find Your Happy Daily Mantras and the new book The Self-Love Experiment. Shannon's the founder Shannon Kaiser has been named "Top 100 Women to Watch in Wellness" by the MindBodyGreen, and "A thought leader on the rise," by Café Truth.

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Find Your Happy stands out for its simple, easy-to-implement principles and honest perspective. Shannon's book is a therapeutic adventure for your soul, and it will transform the way you see yourself and the world. Get ready to fall in love with your entire life -Robyn Griggs Lawrence, author of The Wabi-Sabi House.

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