

This Year, Invest In Your Happiness!

Submitted by: Find Me A Gift

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- Happiness enables us to be more positive, productive and sleep better.
- Happiness makes us feel more fulfilled, can help combat stress, strengthen the immune system, lengthen your life and combat disease and disability.
- Mental Health Charity Mind states that 1 in 4 people in England experience a mental health problem each year and, 1 in 6 people living in England report experiencing a common mental health problem, (anxiety and depression) in any given week.

At Find Me A Gift we want to help create happy people and a happier world, which is why we have teamed up with The Happiness Planner. We want to support them with their vision – of inspiring people to live a purpose and passion driven life and to find happiness from within.

The Happiness Planner is more than just a planner and journal. It is designed to create more happiness and fulfilment in your life by encouraging you to channel into the power of positive thinking, mindfulness and self-development. The planner inspires you to set goals and dreams, integrate more of what makes you happy into your daily life, harness your own personal power, build mental strength and adopt a growth mindset. You start each day with a positive thought and end each day with a reflection of gratitude.

Whether you are already a happy and positive person with life fulfilment, or someone who is seeking a happier and more fulfilled life, the happiness planner is the right product for you. By helping you to integrate more of what makes you happy into your daily life, plans to make changes to the things that make you unhappy and starting each day with positivity, we are sure The Happiness Planner will help you on your road to life happiness, mindfulness and fulfilment.

We are so excited about this product, we love the way it encourages such positivity and happiness, and that it's so different to so many planners and journals already on the market! We personally believe that by finding your inner happy self you become a more positive, motivated and fulfilled person. Such a wonderful gift but also a great gift to yourself.

<https://www.findmeagift.co.uk/review/the-happiness-planner.html>

RRP = £40

A full range of imagery is available, please see request details below:

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Further Information: For more information and media requests, please contact Rachel Brindley:
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Notes to Editors: About Find Me A Gift:

Find Me a Gift is a leading online retailer with over 9,000 gifts to choose from and new lines added

every week. Established in June 2000, the company specialises in a wide range of gadgets, experiences, toys, novelty and personalised gifts with worldwide delivery, special offers and year round sales.