

HAPPINESS in HARD TIMES

written and illustrated by
Andrew Matthews

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HAPPINESS IN HARD TIMES

Happiness in Hard Times

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Andrew and I are overwhelmed and ever so grateful to you for keeping in touch with us. I want you to know that every email that you send us is read and appreciated. Thank you from the depths of our hearts.

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You bared your souls so courageously. You opened your hearts each time we spoke. You held nothing back. You shared your stories in the hope that your stories would inspire one other person to feel better. To all of you, I salute you!!

And to you the reader...this is the book for everyday people going through everyday challenges. This book is for you. This is a book for your friends, your family, your colleagues, your neighbours. This is a book for people you meet on your travels and for people you know who are going through troubled times.

Happiness in Hard Times is also a book for those of us who haven't been through hard times. It puts your life into perspective. It will get you back on track. It will make you realise that a better and brighter future is waiting—and remind you how to get there.

Happiness in Hard Times will inspire so, so many readers.

Your journey to peace and happiness has already begun. I wish you all life's very best.



Julie M Matthews
Publisher



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