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Happiness Recipe: Whippin' Up Happiness with Wit, Wisdom and Wonderful Food!

June Cline CSP, Sandy Weaver Carman

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Happiness Recipe: Whippin' Up Happiness with Wit, Wisdom and Wonderful Food! June Cline CSP, Sandy Weaver Carman

Do you want to be happier? Are you creating anticipated joy? And would you like to hear the confessions of a serial caregiver? June Cline, CSP, and Sandy Weaver Carman believe the road to happiness is paved with wit, wisdom, and wonderful food. They host a weekly show called *Happiness Recipe*, where they chat with thought leaders, internationally known speakers, and other experts, learning how each of them spreads happiness in the world, what makes them happy, and, as part of each conversation, what foods make them happy.

This book is a compilation of 20 of the best conversations, and the individual happiness recipes are profound, poignant, and perfect. Plus, if you want the recipe, there's a link at the end of each chapter! If you're looking for the secret(s) to happiness, you'll find it in the *Happiness Recipe* book!

Thought leaders in the book include Christine Cashen, Joe Contrera, Essie Escobedo, Dr. Shirley Garrett, Dr. Margarita Gurri, Neil Howe & Craig Williams, Chad Hymas, Dr. Kristina Blasen Jacobs, Kathy Kirk, Gayle Lantz, Vanessa Lowry, Myra McElhaney, Julie Ostrow, Lisa Pemberton, Shareen Richter, Levi Riggs, Cathy Sikorski, Lorikay Stone, Don Thoren, and Kathleen Thoren.

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