



# Bite Size Happiness: Volume 1

*Jarl Forsman, Steve Sekhon*

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Dear Beautiful Human,

Bite Size Happiness is a compilation of our daily meditations that we distilled down into short, simple ideas. Why? They're easier to follow and more fun to practice.

What can you achieve by reading Bite Size Happiness?

- Understand... The connection between your thoughts and feelings in order to change how you handle life.
- Energize... Yourself so you walk through life with presence and joy.
- Train... Yourself to focus your attention on what you want to manifest as well as who you want to become.
- Attract... The energy, harmony, and people you deserve to have in your life.

We hope you enjoy reading these bite size nuggets as much as we enjoyed writing them.

Volume 2:

[http://www.amazon.com/Bite-Size-Happiness-Jarl-Forsman-ebook/dp/B00VXXSQLI/ref=sr\\_1\\_3?ie=UTF8&qid=1429659873&sr=8-3&keywords=bite+size+happiness](http://www.amazon.com/Bite-Size-Happiness-Jarl-Forsman-ebook/dp/B00VXXSQLI/ref=sr_1_3?ie=UTF8&qid=1429659873&sr=8-3&keywords=bite+size+happiness)

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