



# Living Happy to Be ME!:Dancing Your Soul Lightstyle

*Valerie Rene Sheppard*

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# Living Happy to Be ME!:Dancing Your Soul Lightstyle

*Valerie Rene Sheppard*

**Living Happy to Be ME!:Dancing Your Soul Lightstyle** Valerie Rene Sheppard  
**This Way to *True* Happiness!** (4-color Book and Workbook in one.)

\* Forward by Debra Poneman, best-selling author, founder and CEO of Yes to Success Seminars, Inc., and co-founder of Your Year of Miracles, LLC.

\*\* Free gifts with June 8th purchase: [HappytoBeME.net/get-your-gifts](http://HappytoBeME.net/get-your-gifts) (includes pre-orders).

Millions of people throughout the world are looking for the right road to happiness. The problem is that many are using the wrong map! That's where Living Happy to Be ME!: Dancing Your Soul Lightstyle can help! It is a perfect companion for the journey into a more conscious and happy life!

Living Happy to Be ME!: Dancing Your Soul Lightstyle is an exquisite marriage of guidebook and practice tool, combining consciousness-raising instructional narrative with practical action steps. There are blank and lined pages for completing the various exercises and for capturing thoughts and impressions along the way, so you don't need a separate journal or notebook. It includes inspirational quotes, poetry and imagery that awaken the heart and set the stage for profound personal transformation.

The book starts with the author's own story of her life-long search for happiness and how she discovered just how UNhappy she was. Next is an exploration of the key foundational principles and Spiritual Wisdom in her 4-Step Happy to Be ME! process. It weaves in close to 100 action steps that guide readers through a journey of integration and embodiment, so the changes become real and ongoing. Living Happy to Be ME! helps readers:

- Explore the True rules of the happiness game, and get clear on the keys to winning it.
- Discover how to clean house so emotional Junk-in-the-Trunk isn't getting in the way.
- Create a new model for being happy.
- Embody the wisdom through simple practices to keep the joy flowing, no matter what's going on around them.

This book will help happiness seekers 15 years old and up get clear on where true and lasting happiness is found. Living Happy to Be ME!: Dancing Your Soul Lightstyle is the perfect companion for anyone who is ready to take profound action to dance into more Peace, Love, Freedom, Abundance and Joy!

## **Praise for Living Happy to Be ME!**

"Valerie Sheppard's Living Happy to Be Me! is a wonderful collection of compelling stories, powerful lessons and fun and practical exercises that will help you get on the path to living a truly happy life. This is a book to not only read but fully immerse yourself in." ~ Jack Canfield, co-author of the Chicken Soup for the Soul series and The Success Principles, featured teacher in The Secret

"Living Happy to Be ME! is a great read. With wisdom and compassion, Valerie Sheppard helps us dismantle the false-self and awaken to the Divine presence in our heart...and she is a beautiful embodiment of what teaches." ~ Marci Shimoff, #1 New York Times bestselling author of Happy for No Reason, Love

for No Reason, and Chicken Soup for the Woman's Soul

"Author Valerie Sheppard's unique teachings and artful imagery will tap into your soul regardless of the path you're currently walking, expanding your ability to be exquisitely happy. I highly recommend Living Happy To Be Me." ~ Dr. Shawne Duperon, 6-time EMMY winner, Project: Forgive founder, 2016 Nobel Peace Prize nominee"

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