Start Being Happy: Proven Practices for a Joyful Life

“It is a wonderful book. It is warm, compassionate, raw, personal, honest, thoughtful and, most of all, helpful - written in a most accessible way, so the reader is caught up with the ideas and the practical advice, without being distracted by lengthy theoretical explanations”.  **Dr Paul Power, PhD, Richmond.**

“WOW – what a book! It is so insightful, honest and relatable. I have read many self-help books that go into way too much detail, this is the perfect amount of information with great options for people to delve further if they wish. Bravo!!!!” **Cynthia Capp, Toorak, Australia.**

“It is brilliant. I love the clarity and honesty of her amazing journey. This is such a wise yet unpretentious guide. I am looking forward to purchasing a number of copies to share with my family.” **Julie Butcher, Albert Park, Australia.**

“I finished the book last night – it is simply great, and greatly simple. It’s so accessible and the logic and sequence made it a page turner!” **Bernadette Ryan, Southbank, Australia.**

“I just finished reading the book and absolutely loved it! It is beautifully written and so enlightening. I’m going to start practicing all the techniques today! I think the book will be life-changing for a lot of people – including me”. **Bridget Fernando, Glen Iris, Australia.**

“I’ve read the first 24 pages and so far I’m hooked, it’s like you’re reading my mind!” **Jude Darminin, South Yarra, Australia.**

“What I loved about this book is that it gave me really practical advice that worked. This book really can make a different to you level of happiness”. **Christine Barnes, Melbourne, Australia.**

“What a book! An earthly conduit for truth and love”. **Dr Trude Augustat, Burwood, Australia.**

“Justine’s book was insightful and thought provoking. I am already putting some of her strategies in place and find them so helpful. The book refreshing and honest. Thank you Justine.” **Amazon.com.au**