

**To accompany the audiobook version of  
365 Daily Affirmations for Happiness by Jan Yager, Ph.D.**

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# Resources\*

\*Since website may change often or even overnight, the accuracy of these websites cannot be guaranteed. Furthermore, websites may change names or contents. Inclusion in this list does not imply an endorsement.

Happier.com

[www.happier.com](http://www.happier.com)

Extensive website with videos, exercises, and a blog that discusses personal and career happiness and how to attain it. Started in 2006, there are now more than 40,000 free subscribers from around the world. The site has partnered psychologists Dr. Martin Seligman, Dr. Barbara Fredrickson, and Dr. Christopher Peterson and also offers a listing of available local therapists and life coaches who pay a fee to be included in their online directory.

The Happiness Institute

Suite 101, 74 Pitt St Sydney NSW 2000 Australia

<http://www.thehappinessinstitute.com>

Founded in 2003 by Dr. Thomas Sharp (“Dr Happy”), a clinical psychologist and author of *The Happiness Handbook*.

The Happiness Project

<http://www.happiness-project.com> Gretchen Rubin’s extensive site related to her bestseller, *The Happiness Project*. There are a second companion site, [www.happinessprojecttoolbox.com](http://www.happinessprojecttoolbox.com) “The Happiness Toolbox,” which is a free sign-up site that provides visitors with eight tools—resolutions, lists, group resolutions, personal commandments, inspiration board, one-sentence journal, secrets of adulthood, and happiness hacks—to creating their own happiness project the way the author did.

The Happy Guy [www.thehappyguy.com](http://www.thehappyguy.com)

David Leonhardt maintains this website about happiness with book reviews, a daily blog, and more.

The Happiness Series

[www.happinessseries.com](http://www.happinessseries.com) Web series with accompanying website launched in February 2011 with 16 episodes and an accompanying website developed by Tania Van Pelt and her team and hosted by Sheila Heylin. Covers eating, myths about beauty, trusting your gut, and tough times, and more.

Positive Psychology Center

Dr. Martin E.P. Seligman

University of Pennsylvania

3720 Walnut Street, Solomon Labs

Philadelphia, PA 19104-6241 USA

<http://www.ppc.sas.upenn.edu>

Resource for positive psychology including the research studies into happiness. Has an online directory of positive psychology researchers around the world.

Self-Growth.com [www.selfgrowth.com](http://www.selfgrowth.com)

Free online resource with articles, videos, and newsletters related to the areas of success, love and relationships, health and fitness, money and careers, and lifestyle. Founded by David Riklan in 1998, it now has 1 million visitors a month.

Secret Society of Happiness People (SOHP)

240 N. Denton Tap Road

PMB#112

Coppell, TX 75019

[www.sohp.com](http://www.sohp.com)

Free membership society started in 1998 by Pamela Gail. Promotes the celebration each August of “Happiness Happens” Month.

## About the Author



Jan Yager is an international speaker, relationship and business coach, and award-winning author of 35 nonfiction and fiction books translated into 32 languages including *When Friendship Hurts*; *Friendshifts*; *Work Less, Do More*; *Road Signs on Life's Journey*; *365 Daily Affirmations for Creative Weight Management*; *365 Daily Affirmations for Time Management*; *Productive Relationships*; two co-authored thrillers, *Untimely Death* and *Just Your Everyday People*; the solo novel, *The Pretty One*, the children's book, *The Cantaloupe Cat*, and others.

Her academic background includes a year of graduate work in psychiatric art therapy studying individual and group behavior, a Masters in criminal justice, and a Ph.D. in sociology. Dr. Yager has taught at universities including Penn State, Temple University, and, most recently, the University of Connecticut. She has been interviewed on major talk shows including as Oprah, Today Show, and BBC radio and TV.

For more information, or to find out about booking her to speak, go to: [drjanyager.com](http://drjanyager.com) or write to [jyager \[ @ \] aol.com](mailto:jyager@aol.com) or by mail to: Dr. Jan Yager, 1127 High Ridge Road, #110, Stamford, CT 06905 USA.

Visit her websites for free book excerpts, original blogs, or to see video clips [www.drjanyager.com](http://www.drjanyager.com) [www.whenfriendshiphurts.com](http://www.whenfriendshiphurts.com)

Follow her tweets on twitter at: <http://www.twitter.com/drjanyager>

## About the Narrator



**Gale Cruz** is a professional singer and voice over artist. After working in New York for more than twenty years, she has returned to lives back in her native area of Dallas/Ft. Worth, Texas.

For more information, visit her website: <http://galecruz.com>