

SELF HELP/PERSONAL GROWTH/HAPPINESS  
POLITICAL SCIENCE/CIVICS & CITIZENSHIP  
FAMILY & RELATIONSHIPS/INTERPERSONAL RELATIONSHIPS

**WARNING!**

This book is habit-forming  
& may cause a happier life.



*"Now more than ever, America needs this unifying year-round mental health plan, deemed a social invention by the London Institute and already proven successful by social transformation visionary, Elaine Parke."*

– Melvin H. Steals, PhD, Educator and  
Grammy Award winning Songwriter

**Starting right now**, today, you and I can build the momentum towards more equality and unity in America – while uplifting our own lives too. This is the win-win cliché of all time – together we don't fall down, we all lift up.

If we haven't learned much else from social media, we've learned that shared thoughts, for good or bad, that are truth or fake, become powerful beyond measure when they reach lots of people at the same time and are repeated over and over again.

This isn't a book ABOUT habits – it is a HABIT-FORMING book. When you take it home and begin your "one-minute-a-day" habit building adventure, your life and your outlook will brighten. Please use your social media power to share the colorful monthly messages with others. Together, we can overcome the pain of a divided America with the power of goodness, because it is in these aspects of our citizenship that we are all equal.

*"Together we heal the country we all share."*

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Elaine Parke

