



# 11 Day Mantra Challenge: Mantras for Happiness Everyone Should Try

*Rachael Yahne*

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## **11 Day Mantra Challenge: Mantras for Happiness Everyone Should Try** Rachael Yahne

Positive affirmations and mantras for happiness to use in meditation or daily repetition to help you create a happier, more peaceful and fulfilling life.

Whether you have a regular meditation practice, or simply want inspiring, motivational mantras to help you feel more mindful, content and peaceful, this series will help you. Full of stories, detailed descriptions, and directions to effectively using each mantra, these mantras for happiness will instantly tap you into your potential and power to be happy, healthy, and more alive.

This mantra series was originally created and published exclusively to readers of HerAfter, a lifestyle site devoted to beautiful, conscious living. Since then, it has appeared on Huffington Post, Yahoo!, SheKnows, YourTango, and many more sites, and continues to be the author's most popular article.

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