



Find Your Own Happiness

Mary K. Mills

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Find Your Own Happiness is the heartrending story of a teacher who after the death of her abusive husband and facing unimaginable grief sets off on a journey of discovery about herself, the world, and how to live well. On the road to happiness she faces deaths and adversity, but instead of letting these life events sink her into depression and grief, she emerges stronger and is determined to live joyously-with the help of whitewater kayaking, international travel, and invaluable new friends. The book alternates between the events after her husband's death in 2006 to 2014 and a kayaking trip down the Grand Canyon during the summer of 2014, that was the culmination of 8 years of recovery, self exploration, traveling, and finding herself after a series of devastating events. Her lessons learned along the way serve as help and hope for others who endure crushing abuse or loss.

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Lisa Jennings:

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