

# Becoming Happy: 30 Ways to Heal Your Mind, Body and Soul Book and Red Carpet Book Launch Event 11/23/24

*Becoming Happy: 30 Ways To Heal Your Mind, Body & Soul Book & Red Carpet Book Launch out 11/23/24  
They book will be on Amazon and event 5-10pm that night*

HUNTINGTON BEACH, CA, UNITED STATES, November 4, 2024  
/EINPresswire.com/ -- Title: "New Book 'Becoming [Happy](#): 30 Ways to Heal Your Mind, Body, and Soul' by Kim Somers Egelsee Featuring 30 Authors to Launch on Amazon on November 23, 2024"



Happiness is something that people strive for, but sometimes it can feel out of reach. In her new book, "Becoming Happy: 30 Ways to Heal Your Mind, Body, and Soul," author Kim Somers Egelsee shares practical and insightful tips from 30 different authors, including Morris Hayes, Lilly Melgar, and Glenn Marsden, on how to achieve true happiness. The book will be available on Amazon on November 23, 2024.

“

And as Prince came on, I saw how amazing he was, I declared out loud again that I would also play with him. When I left that building I knew that it was my destiny to be in the Minneapolis experience.”

*Morris Hayes*

With the current state of the world, it's more important than ever to prioritize our mental, physical, and spiritual well-being. "Becoming Happy" offers readers 30 different perspectives and strategies on how to heal and find happiness in their lives. From self-care practices to mindset shifts, this book covers a wide range of topics to help readers on their journey towards happiness.

To celebrate the launch of "Becoming Happy," a beautiful red carpet book launch party will be held at the Hotel Huntington Beach on November 23, 2024, from 5-10pm.

Attendees will have the opportunity to meet the authors and get their books signed. Tickets for the event can be purchased at [becominghappybooklaunch.eventbrite.com](https://becominghappybooklaunch.eventbrite.com) for \$40.

Kim Somers Egelsee, a certified life coach and author, is passionate about helping others find happiness and fulfillment in their lives. She has brought together 30 talented and diverse authors to share their wisdom and insights in "Becoming Happy." This book is not just another self-help guide, but a powerful tool to help readers transform their lives and become truly happy.

"Becoming Happy: 30 Ways to Heal Your Mind, Body, and Soul" on November 23, 2024, on Amazon. There is a big book launch party to meet the authors and celebrate the power of happiness. For more information and to purchase tickets, visit [becominghappybooklaunch.eventbrite.com](https://becominghappybooklaunch.eventbrite.com). Let's spread happiness together!

AI-generated by [www.einpresswire.com/ai](https://www.einpresswire.com/ai)

Kim Somers Egelsee

Kim Life Coach

+1 714-423-8174

Kim@kimlifecoach.com

Visit us on social media:

[Facebook](#)

[Instagram](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/757629099>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.