

Further help:

Please contact your Customer Happiness Manager if you need any help with the contents of this pack. Alternatively, you can email [Hello@myHappyMind.org](mailto>Hello@myHappyMind.org).

Want to learn more?

Visit: <https://myhappymind.org/> or, if you are interested in delving into more detail, we recommend picking up a copy of myHappyMind's founders book, 'My Happy Mind'. Just [click here](#) to buy.

