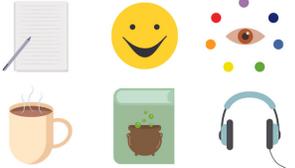


FIELD GUIDE to HAPPINESS

*the go-to guide to create
happiness & live a magical life*



BE HAPPY and
ACTIVATE LIFE'S MAGIC

ERIN CHAVEZ



Erin
Chavez

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I CAN HELP YOUR AUDIENCE

Be Happy!

Happiness is a mindset, and anybody can achieve it.
We just need to **want** to be happy.

I can listen to reasons why your audience isn't happy and offer them solid, easy things to do so they can start building their happiness and creating new mindsets.

It's a day-by-day practice that is fun, easy, and 100% doable!

Some of the activities are:

Daily Affirmations
Magic Recipes
Visualizations
Various Journaling Techniques
An Ancient Hawaiian Forgiveness Prayer
Self-Expression
Divination
And More!

Each person is different because we've all lived such different lives. I can help anybody who wants to be helped.

I'M MORE THAN HAPPY

To Share

ABOUT MY LIFE

Crazy Story

The time I dated a vampire and found out he was the high priest in Satan worshipping.

Funny & Embarrassing

When my daughter was 3 and said allllll the bad words in front of managers and cops.

Proud Moment

The first public speaking I ever did, what I learned from it, and how it shaped me.

Loving

When I realized I fell in love with my husband all over again - after 27 years - and how that created a whirlwind of proof that the Universe is on our side.

Empty Nest

How anybody experiences empty nest while their kids are still living at home still baffles me - but it happened. And then, when one of my kids moved out, it happened all over again.

Paranormal

I've always been attuned with the other side, but after my dad died, it became a whole new ballgame. Not only did I know he was going to die (when nobody else did), but after his death, I started seeing all kinds of spirits, including my dad, on a regular basis.

Nothing is Off Limits

I will share anything and everything - I'm an open book. If you have a question, I'll answer it.

I'M MORE THAN HAPPY

To Share

ABOUT THE BOOK & WRITING

Q. What made you decide to self-publish?

A. It is so hard to get a traditional book deal anymore. Before publishing houses will even consider signing you, you need to have a large following - and that's something I don't quite have yet. Even with that aspect taken out of the picture, the royalties you get with a publishing house are so very small - around 15% - and that is taking into consideration the author is still responsible for the lion's share of marketing! So, why not self-publish and get more royalties? That is especially important for me because I donate 10% of net proceeds to a charity that the buyer gets to choose.

Q. Tell me about the charities you donate to.

A. I have 8 different charities that I've hand-picked. They had to meet two criteria - the first being they had to be charities I stand behind. The second is they had to have the majority of their funds given to the cause itself, and not to pay their employees, more fundraising, etc. They are: The Trevor Project, World Central Kitchen, Re:Wild, Feeding America, National Network to End Domestic Violence, National Alliance to End Homelessness, Rainforest Trust, and the ASPCA.

Q. Have you ever considered writing under a pseudonym, and why or why not?

A. I have considered it, and I did! A couple of names, actually. I chose to do so because I didn't want anybody to know it was me that wrote what I wrote - so I'll never tell what the books were. :)

Q. How long have you been writing or when did you start?

A. I've been writing ever since I can remember. I'd carry around a little notebook to write down my spy notes, my to-do lists, and little stories. Words have always meant so much to me.

Q. What inspired the idea for "Field Guide to Happiness"?

A. I was drinking my morning coffee and realized I had slipped into a funk. I knew I had to do something to get out of it, but I didn't have the motivation to get a new book (and learn the technique they offered) or to even re-read a book I already had. I wished there was something out there where I could just be reminded of something I could do that would make me feel better, to feel happier. Something where I could just pick something easy to do. Nothing like that existed, so I decided to write one. We all need the option at our fingertips for a quick happiness boost!

I'M MORE THAN HAPPY

To Share

ABOUT THE BOOK & WRITING

Q. How did you come up with the title for your book?

A. The title was fairly simple. It is my hope that it conveys the fact that you can pick it up, find something quickly, and move on. There is no sitting and reading for hours with this book. Just like a field guide you would find for birds or national parks. The subtitle, on the other hand, took many revisions! I wanted it to describe the book a bit more and hint at the fact that when you are happy, your life becomes magical. And it's true. It does.

Q. How long did it take you to write Field Guide to Happiness?

A. Just shy of 2 months. When I start writing, I tend to get it done fairly quickly. But this is the first book I am doing "right", and not just slapping up on Amazon. It is proving to be such a lengthy process because there is so much I didn't know and now I know there is a ton more I don't know still!

Q. You mentioned that you have books on Amazon. What are they?

A. Actually, I took them down and made them available to download for free on my website. People may call me crazy, but I don't really want my books on Amazon anymore. That may change when I go to publish Field Guide to Happiness; but for now, I feel strongly about that. There are several books to choose from including ones with different journaling prompts, future journaling prompts, and some books I've channeled.

Q. What do you want people to know about you?

A. I want people to know of me so they can get to know more about themselves. I write and create for other people so they can have happiness in their lives. It's really a crazy thing that when you are a happier person, your life simply gets better. You achieve more of your goals, little nuances (and even big ones) don't affect you the same way if you weren't actively happy, and you simply feel better. Seriously. I want people to not only know that but to experience that as true in their own lives.

Q. Who is your target market for this book?

A. Really, it works for anybody who needs or wants to be happier. But I really geared it toward women. If I drill down even further, it is for women over 40. If I keep drilling, it is for empty-nest women. When my son moved out, I fell and I fell hard. I eventually realized I had to do something for myself, but I didn't know what that should look like. If I had this book then, I could have refocused on myself and begun creating a new life for myself at that time. I really needed something like this book at that point in my life. But, it works for all stages and circumstances of life as well.

CONTACT INFO

Author Bio

APPROVED PHOTOS

Contact Information

Erin Chavez

20814 Highland Lake Dr.

Lago Vista, TX 78645

469-360-6918 (Texting first is best, but I do listen to voicemails.)

erin@erinchavez.com

erinjchavez@gmail.com

<https://erinchavez.com>

<https://www.instagram.com/erinchavezhappinesslove/>

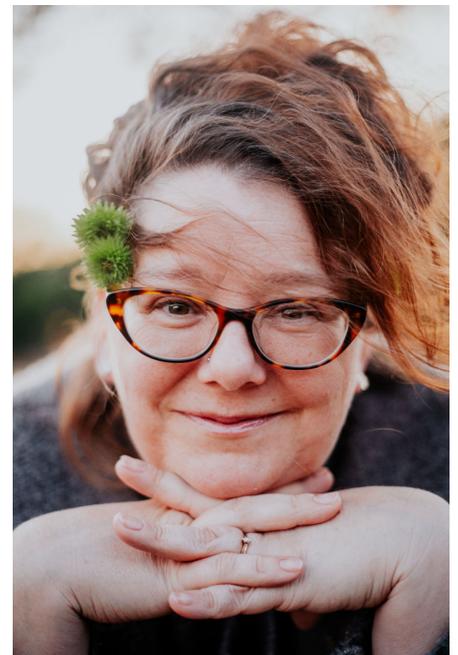
<https://www.facebook.com/ErinChavezHappinessLove>

*I'd love
to talk with
you!*

Author Bio

Erin Chavez is a life-long student of how happiness and the magic of life weave themselves into the nuances of day-to-day life. All of her work is designed to incorporate different techniques that create happiness and engagement in the magic that is all around. Erin works and lives just outside of Austin, TX in the Texas hill country where she sips water, loves and adores her husband and kids, and ponders how to let every woman know she is the most powerful entity alive.

Approved Photos



FIELD GUIDE TO HAPPINESS

THE GO-TO GUIDE TO CREATE HAPPINESS AND LIVE A MAGICAL LIFE



Kellie C.

A book full of treasures for everyday magic! It's an invaluable addition to my self-care practice. I wake up and can't wait to see what's on the happiness docket for the day.



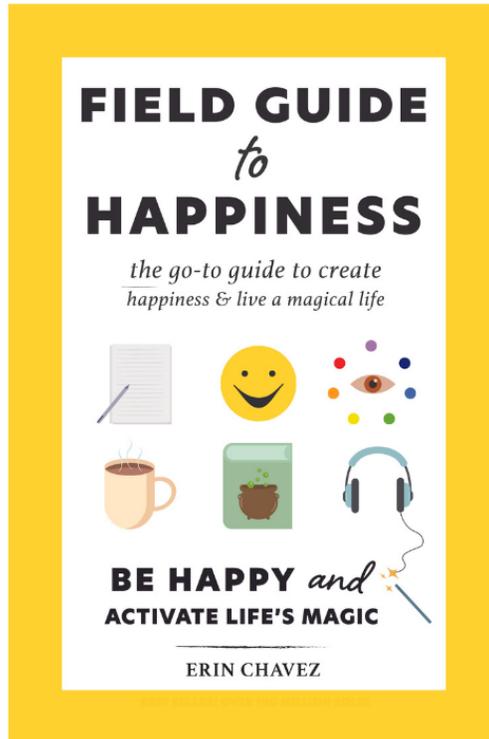
Judy F.

What a comprehensive, informative, captivating guide to finding and maintaining your bliss. I am so looking forward to this portable guide. Please join me in rethinking how to not only find happiness, but keep the magic of living.



Srushti K.

I had a great time reading the book! It is incredible, highly uplifting, and positive. I wish you the best of luck with this book. I am sure it's going to be a success.



Field Guide to Happiness is a compilation of activities, methods, and resources in one guidebook. It is not a book that you read from cover to cover, but rather a resource that you thumb through daily to find a quick activity to spark your happiness. This guidebook makes it easy to get happy and live your magical life!

When you're happy, life's magic unfolds before you, and you live a life that is beyond your wildest dreams.

Inside you will find:

- 365 Daily intentions for every day of the year
- 20 Magic Recipes
- 11 Visualizations & 150+ Affirmations
- 150 Journaling Prompts
- Reminders of traditional practices like Ho'Oponopono, brain dump pages, future journaling, self-expression, gratitude, and more!
- A reference section with information on your emotions, energy, universal laws, chakras, and divination!
- And so much more, including over \$200 worth of bonus material!



DOWNLOAD
A SAMPLE OF THE BOOK



Erin Chavez is a life-long student of how happiness and the magic of life weave themselves into the nuances of day-to-day life. All of her work is designed to incorporate different techniques that create happiness and engagement in the magic that is all around. Erin works and lives just outside of Austin, TX in the Texas hill country where she sips water, loves and adores her husband and kids, and ponders how to let every woman know she is the most powerful entity alive.



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Also Available as eBook

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CONTACT INFORMATION

ErinChavez.com

erin@erinchavez.com

469-360-6918

[instagram.com/ErinChavezHappinessLove](https://www.instagram.com/ErinChavezHappinessLove)

[facebook.com/ErinChavezHappinessLove](https://www.facebook.com/ErinChavezHappinessLove)

REVIEWS FOR

Field Guide to Happiness

THE GO-TO GUIDE TO CREATE HAPPINESS & LIVE A MAGICAL LIFE

(More available at ErinChavez.com)

"The moment I started reading the book- I was impressed after seeing the DEDICATED section. The book is dedicated to women- who go against all odds and strip off the labels imposed on them.

The line that I liked the most in the introduction part of the book was:

When you make your happiness a priority in your life, you will notice when you are not happy.

The bonuses section, followed by a detailed overview of the book's contents, is made to suit everyone.

The book consisted of happiness boosters, magic recipes, and daily intentions.

There were beautiful and inspiring quotes in between.

There were daily affirmations for each month of the year- a much-needed happiness booster.

The magic recipes were the best part of the book to me. It did not seem like an instruction book teaching you just how to be happy by writing speeches and lectures. It consisted of interesting and interactive stuff- that I personally am fond of. This makes the content more trustable and relatable.

I highly suggest everyone does give this book a read. It is a masterpiece and you won't be bored at all. A book like this is much needed, especially at a time when the world has just come out of a global pandemic and several suffered mental health issues."

~ Vaishali Pant

Field Guide to Happiness! What a comprehensive, informative, captivating guide to finding and maintaining your bliss. I am so looking forward to this portable guide. Please join me in rethinking how to not only find happiness but keep the magic of living.

~ Judy Freeland

MORE REVIEWS FOR

Field Guide to Happiness

THE GO-TO GUIDE TO CREATE HAPPINESS & LIVE A MAGICAL LIFE

The world is currently moving at a breakneck pace. Everything seems to change so fast. People seem to be getting lost each day and completely forgetting who they really are. We are working hard to try to catch up with the new trends such that we are left feeling stranded, lost, anxious, and sometimes depressed at the end of the day. Many medical conditions have come up as a result, and thus lives have been ruined. Conditions that would have otherwise been avoided if we learned how to live differently; if we learned how to stop and smell the roses.

But all is not lost. The book *Field Guide To Happiness* is a pure gift given to the world to bring us freedom and the wisdom to find peace, joy, fulfillment, self-love, healthy self-esteem, and so much more in our daily lives.

The author, Erin Chavez, did justice to this book by making it so easy to read and comprehend by presenting it in sections and even including activities to make it more practical. In all honesty, this book is a treasure and should be found in every institution, every office, and social welfare group. Both the young and the old should have this book and practice what's written in it day and night.

The results are incredible; a healthier and more fulfilling life. I also noticed the desire captivated in my heart to spread this beautiful way of living to other people around me, thus making the world a better place to live in. Isn't that what we all want? I just can't get enough of it.

Thank you, Erin Chavez.
~ Mitchelle F.

A book full of treasures for everyday magic! It's an invaluable addition to my self-care practice. I wake up and can't wait to see what's on the happiness docket for the day.
~ Kellie C.