

## Inspiration for all who are seeking for a meaning



Jasmin Arensmeier  
**Happier Day by Day**

[Jeden Tag ein bisschen  
glücklicher]

A book of inspiration – more  
mindfulness in everyday life

Südwest

240 pages

Format 19,5 x 24,0 cm

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With ca. 100 colour photographs

**Jasmin Arensmeier** is a freelance concept developer and blogger with her YouTube Channel TEA&TWIGS focussing on the themes of lifestyle, mindfulness, and design. She has lived and worked in London since 2015, where she structures her daily life with the Bullet Journal.

Selfcare is not always a long bubble bath. Slow living doesn't need to be slow. And minimalism is also for people with a closet full to the brim.

In this book Jasmin Arensmeier ponders refreshingly light on the current lifestyle topics and trends. She tells inspiring stories from her everyday life and work, and provides practical solutions from various experts.

After reviewing the status quo through looking on and into themselves, Arensmeier systematically guides the reader through the different aspects of life, such as nutrition, work, home or family. In every chapter, she offers ideas and challenges to recreate and engage with. Moreover, she provides fans of bullet journals with numerous journal prompts and lovingly designed templates.

This is a book that helps to develop a healthy awareness for yourself and your surroundings, and to put together your individual kit filled with means for a happy life, beyond all the hype. An undogmatic help for orientation on how to tidy up mind, body and life, and thus become a bit more cheerful and relaxed day by day.

- From selfcare to slow living and minimalism: Refreshingly new ideas
- With numerous exercises and lovingly designed templates for your own everyday life and bullet journal