

HAPPINESS IS



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Happy Mail

Description

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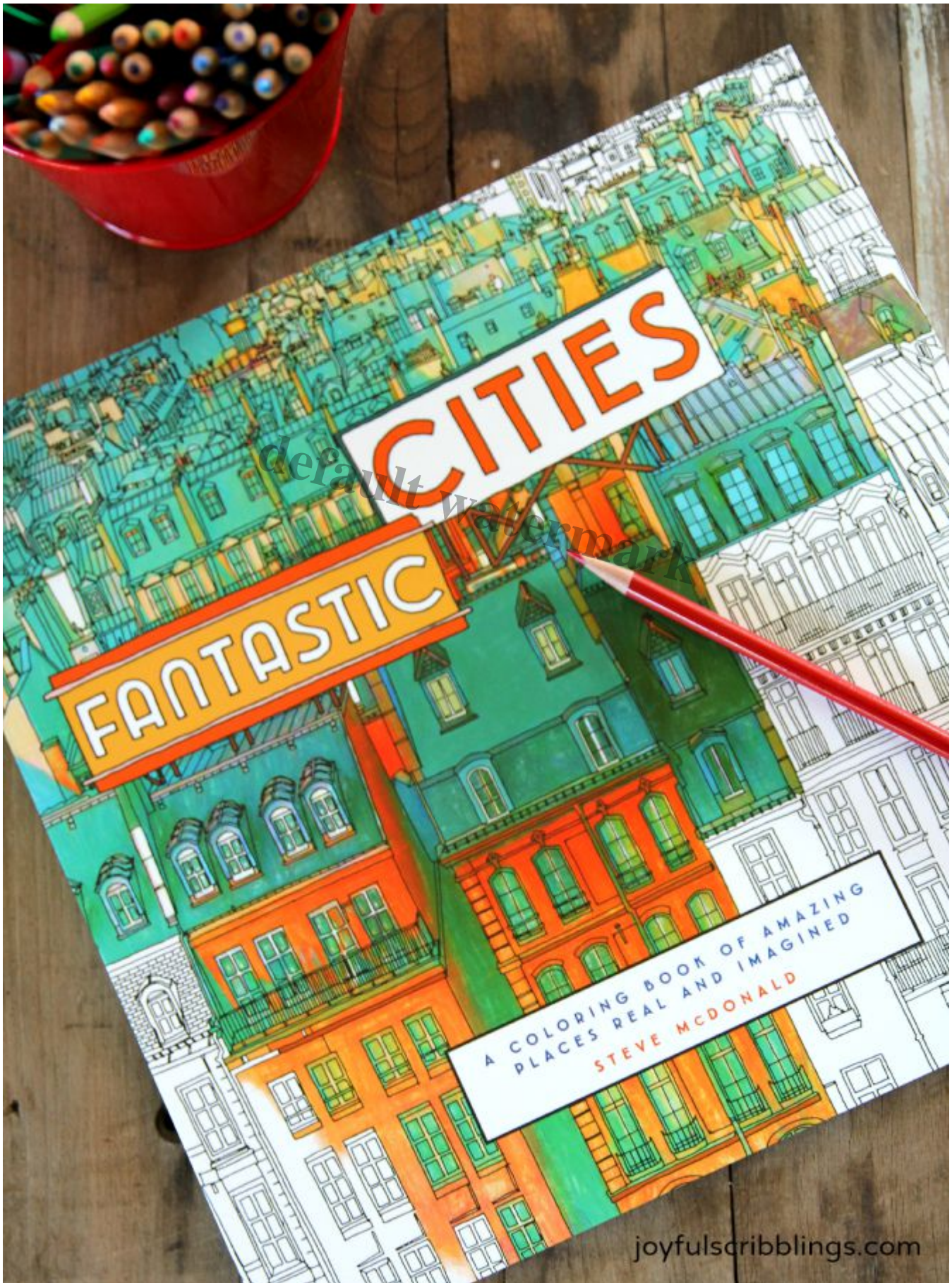
HAPPINESS IS



**...receiving
unexpected
mail.**

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I define happy mail as the following: magazines, cards from friends or family, bonus checks, and packages that contain books, clothing or out of the blue surprises. Bills and water filters for our refrigerator donâ€™t count. This past week I received two packages that made me SMILE. One was a gift of sugary sweets which remind me of my childhood, and the other was something I spied on [Chronicle Books Instagram feed](#) and knew I just had to have it. Instagram is happy mail on my phone. I love to follow [The Happy Page on Instagram](#) and Iâ€™m always inspired by [PNP Flowers](#) quotes.



I loved coloring books as a kid. There is something about coloring that puts me in a sort of zen/meditative state. I heard about adult coloring books awhile back, but never really checked into them. I came across this Fantastic Cities coloring book by artist Steve McDonald through Chronicle Books. Steve is a lifelong traveler who has recreated images from cities around the world. His work has been showcased in many gallery exhibitions, documentaries and publications.

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As you can see from this page of Piccadilly Circus in London, England Steveâ€™s drawings are very detailed and intricate. So intricate in fact that they might be a bit of challenge for my color in the lines self. My daughter and I recognized Piccadilly Circus right away. At first it reminded us a little of New York, but then the double-decker bus gave it away. Iâ€™ve shared some of my travels to New York [here](#) and [here](#) and our travels to London [here](#).



The second package I received was a thank you from the [SITS Girls](#). Iâ€™m a sugar addict and I love the concept of [Sugarwish](#). You select a sugarwish package and an ecard and your recipient selects the candy of their choice. Itâ€™s shipped to them in an adorable package and all of the taxes and shipping are covered. There are tons of candy options to choose from: gummies, licorice, taffy, hard candies,

chocolate and seasonal items which include some nuts and dried fruit. I chose swedish fish and licorice scotties. It's normally a chocolate gal, but I love red licorice and swedish fish.



photos via [Sugarwish Instagram account](#)

There are three package options. The smallest is a pound of candy for \$25. It's a little pricey, but convenient and a small price to pay to put a smile on someone's face. [Sugarwish](#) would be a nice treat for someone going through a rough time in life. A little sugar will usually brighten someone's day. They also offer mini packages for corporations.

I hope these two deliveries have inspired you to send some happy mail. Sending a card in the mail is so much more personal than an email or social media comment. In our fast paced lives we sometimes forget the simple things that bring joy like happy mail. Have you received any happy mail lately either to yourself or from someone else?

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