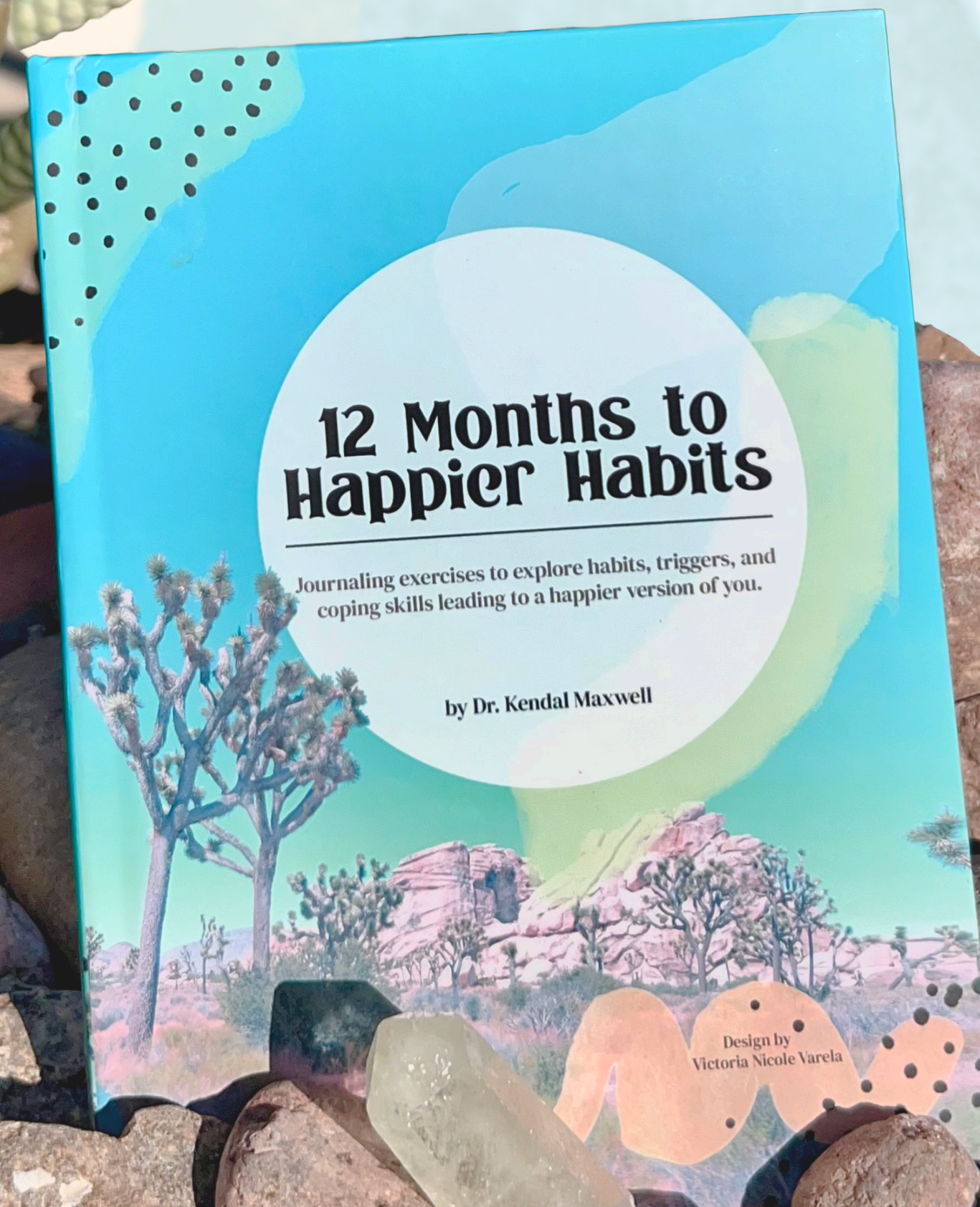


# 12 Months to Happier Habits

“This is me,  
this is my journal,  
this is my journey.  
This is my...”



Design by  
Victoria Nicole Varela

# about the creators



**Dr. Kendal Maxwell**

**“This journal started as a personal journey to explore myself and my habits in depth. It was during that process that I felt true transformation of the self and knew finding a way to make a similar journey accessible to others was part of me living a purposeful life. I hope everyone gains access to their best self through the work they will do utilizing the journal and remember that their best self was inside them ready to be rediscovered all along.”**

**Kendal Maxwell, Ph.D., is a Clinical Neuropsychologist at an academic medical center in Los Angeles, CA providing brief psychotherapeutic interventions and assessments to her clients. She also is the lead neuropsychologist within the Amyotrophic Lateral Sclerosis (ALS) clinic at said center and practices a combination of interventions from Cognitive Behavioral Therapy as well Existential Therapy and Acceptance Commitment based therapy models with her clients. Additionally, she is the author of two podcast series, 21 Day Positive Mindfulness Meditation Challenge and 21 Day Acceptance Meditation Challenge, one of which has over 1 million downloads and reaches audiences worldwide.**

**Additionally, she enjoys reaching audiences daily by providing “Mini Meditations” and research in psychology through her Tiktok and Instagram @positivemindmediator.**

**She currently lives in Los Angeles, California.**



**Victoria Nicole Varela**

**“This is me, this is my journal, this is my journey,” is a huge message I want to share with others as our lives should forever be evolving, hopefully with the help of 12 Months to Happier Habits as a guide. I designed this journal to be a coffee table book. Yes, a journal as a coffee table book, an overall conversation piece. This journal is meant to be shared with your friends and community, to inspire discussion, introspection and support. I believe that being open and transparent about one's habits with others, and sharing one's journey is really the only way to create and inspire change.**

**Victoria Nicole Varela is a studio artist, graphic designer and certified sommelier with a true passion for all things creative. She graduated from Loyola Marymount University with a BA in Studio Arts and Graphic Design in 2011. As a child she attended Vista Academy for Visual and Performing Arts in San Diego, California. After many years of study in the "art of wine" she became a Certified Sommelier in 2018 winning the Walter Clore Scholarship for top marks. Although these two pursuits seemingly differ, "their roots in art are undeniable."**

**She currently lives in Scottsdale, Arizona.**

the journal



# testimonials

**“Don’t underestimate the power of this journal. Its pages are beautifully simple and profound. It has helped me objectively look at and form a new relationship with my habits and let go of several that were no longer serving me. I’m now working on adding my first habit and look forward to the continued growth.”**

**Soren Hultman, US Military Veteran, Waterloo, IA**

**“This journal is for everyone, whether you’ve just begun your journey towards self-improvement, or you’re a yoga master, we all have habits we’d like to eliminate to add to better ourselves.”**

**Zachary Cotler, Experience Creator,  
Scottsdale, AZ**

**“This journal helped me change my relationship with my habits. It supported me in eliminating habits that were not serving me so that I can make room to replace them with healthy ones!”**

**Talar Messerian, MA, Early Childhood Educator,  
Chino Hills, CA**

**“I hope everyone will give this journal a try, it really redirected my mindset by making change simple. One habit at a time, and those baby steps really add up!”**

**Jacob Jackson, Web Developer  
West Hollywood, CA**

**“Regardless of where you are in life, all of us could benefit from a few more happier habits to practice. Who doesn’t want to be “the best version of me.”**

**Dirk Dodson, Bioengineering Scientist,  
Paradise Valley, AZ**

**“If you are looking to achieve your larger than life goals, accountability is key. This journal helps to retrain the brain to adopt more positive habits and mindsets. If you want something to kickstart not only your morning but your entire life, you need 12 Months to Happier Habits.”**

**Laura Hennings, Sales Consultant & Public Speaker,  
Los Angeles, CA**

**“In my first month, I have already eliminated a bad habit, everyone needs this if they want to live a happier, more successful life.”**

**Tanya Toliver, Real Estate Agent,  
Phoenix, AZ**



**Soren Hultman**



# the facts

what is it?

**A self guided 12 month journal to explore habits, triggers and coping skills leading to a happier version of you.**

**website: [www.12monthstohappierhabits.com](http://www.12monthstohappierhabits.com)**

**instagram: [@12monthstohappy](https://www.instagram.com/12monthstohappy)**

**publisher : self published**

**launch date: January 13, 2023**

**physical description: 6x10, full color 116 pages hardbound, ribbon page marker**

**where to purchase: sold on Amazon for \$24**

**<https://www.amazon.com/Months-Happier-Habits-Kendal-Maxwell/dp/B0BJPMKC1R>**

**ships to US, Mexico and Canada**

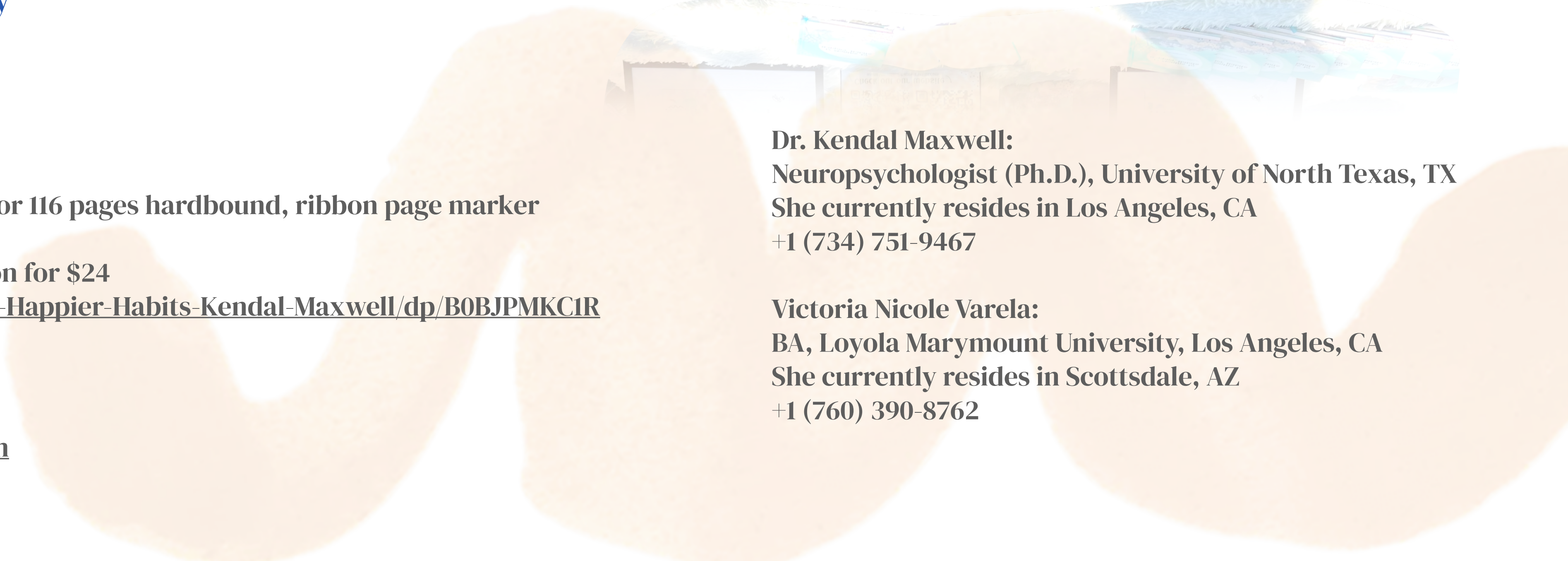
**contact:**

**[twelvemonthstohappy@gmail.com](mailto:twelvemonthstohappy@gmail.com)**



**Dr. Kendal Maxwell:  
Neuropsychologist (Ph.D.), University of North Texas, TX  
She currently resides in Los Angeles, CA  
+1 (734) 751-9467**

**Victoria Nicole Varela:  
BA, Loyola Marymount University, Los Angeles, CA  
She currently resides in Scottsdale, AZ  
+1 (760) 390-8762**





**“Happiness is not something ready made.  
It comes from your own actions.”**

**- Dalai Lama XIV**

**Our Mission is to inspire everyone that change is achievable, a content existence is possible, and everyone can reach their fullest potential.**



**Thank you,**  
*Dr. Kendal Maxwell*  
*Victoria Nicole Varela*