



# Celebrate Every Day: Discovering Happiness with 38 Hertz

In a world filled with challenges and uncertainties, finding happiness can sometimes feel like an elusive pursuit. But what if we told you that there's a blog that's dedicated to not only uncovering the secrets to happiness but also celebrating it in all its forms? Welcome to 38 Hertz – a digital haven where happiness meets celebration. In this blog post, we'll delve deep into the heart of 38 Hertz, exploring its mission, its connection to a Zazzle Store, and the various ways it inspires and uplifts its readers. So, grab a cup of tea, settle in, and let's embark on a journey of joy.



## Celebrate Every Day: Discovering Happiness with 38 Hertz

Enjoy the ride, and get on it with me, because I don't want to simply tell you how to be happy, I want us to explore it together!

**JOIN US**



[www.38hertz.com](http://www.38hertz.com)



## Unveiling 38 Hertz: The Epitome of Happiness

### Who We Are

At the helm of [38 Hertz](https://www.38hertz.com) is the passionate and visionary Debbie Schwarm, who believes that happiness is not just a destination but a way of life. Located in the vibrant city of Portland,

Oregon, 38 Hertz is a blog that initially set out to explore the essence of happiness in its purest form.

## **Connecting Happiness and Celebration: 38 Hertz's Zazzle Store**

### **Exploring the Store**

38 Hertz's Zazzle Store is a treasure trove of delightful creations that celebrate the beauty of life. You can visit the store at [38 Hertz Zazzle Store](#) and immerse yourself in a world of positivity, creativity, and, of course, happiness. Let's take a closer look at what this store has to offer:

### **The Celebration Book**

One of the highlights of 38 Hertz's Zazzle Store is the [2024 Celebration Book](#). This unique book is not just a book; it's a journey through the art of celebration. You can purchase it directly from this page and explore the profound insights and creative ideas it contains. But that's not all - you can also get a sneak peek and even download the book without any charge on the Flip Book Short Code Page. It's a gift of celebration waiting for you to unwrap.

## **The Power of Celebration: Why It Matters**

### **Finding Happiness in the Little Things**

In a world where we're often caught up in the hustle and bustle of life, it's easy to overlook the little things that bring us happiness. At 38 Hertz, we believe in the power of these small joys. Our blog is dedicated to helping you discover the "things that make you happy" It's a reminder that joy can be found in the simplest of moments.

### **Celebrate Every Day**

Life is too short to wait for special occasions to celebrate. At 38 Hertz, we encourage you to "celebrate every day". Whether it's a small achievement, a beautiful sunset, or just the fact that you woke up today, there's always a reason to celebrate. Our blog is filled with ideas, inspiration, and stories of everyday celebrations that will make your heart swell with happiness.

### **Embracing Holidays and Special Occasions**

While celebrating daily life is a cornerstone of 38 Hertz, we also understand the significance of holidays and special occasions. These moments provide us with opportunities to connect with loved ones, create lasting memories, and, of course, be happy. Our blog offers a wealth of resources and ideas for holiday celebrations that are filled with warmth, love, and joy.

## **The Science of Happiness: 38 Hertz**

Ever wondered about the science behind happiness? The name "38 Hertz" is not a random choice; it's deeply rooted in the idea that happiness can be measured in brainwave frequencies. The number 38 represents the brainwave frequency associated with happiness - a constant reminder that happiness is not just a fleeting emotion but a state of being. Our blog delves into the science of happiness, exploring how you can tune into your own 38 Hertz frequency.

## **Join Us on the Journey to Happiness**

### **Get in Touch**

We'd love to hear from you! Whether you have a story of happiness to share, a celebration to showcase, or simply want to connect with like-minded individuals, feel free to reach out to Debbie Schwarm at [debbie.l.schwarm@gmail.com](mailto:debbie.l.schwarm@gmail.com). Your happiness matters to us, and we're here to support you on your quest for a joyful life.

### **Stay Tuned**

38 Hertz is not just a blog; it's a community of happiness enthusiasts. To stay updated on the latest posts, celebrations, and happiness discoveries, be sure to visit our website at [www.38hertz.com](http://www.38hertz.com). Subscribe to our newsletter and follow us on social media for a daily dose of happiness.

## **Conclusion**

In a world that can sometimes feel overwhelming, 38 Hertz is a beacon of light, guiding you towards happiness and encouraging you to celebrate every moment of life. With its insightful blog posts, creative Zazzle Store offerings, and a heartfelt dedication to the pursuit of joy, 38 Hertz is more than just a website; it's a source of inspiration and a reminder that happiness is not a destination but a beautiful journey.

So, as you navigate the ups and downs of life, remember the words of 38 Hertz - "Find things to make you happy, celebrate every day, embrace holidays, and discover the science of happiness." After all, life is too short not to celebrate it every day at 38 Hertz frequency.