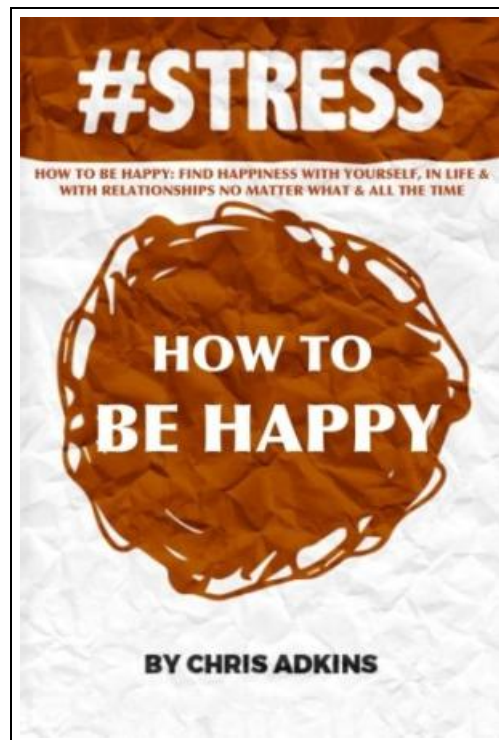


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.#STRESS: How To Be Happy: Find Happiness With Yourself, In Life, And With Relationships No Matter What And All The Time Just what exactly does it mean to be happy? Have you ever wondered what it s like to experience happiness? Not just fleeting happiness, but the kind of happiness that lasts a lifetime. If you often feel like there s something missing in your life, then this book might just have the answers you re looking for. Today s modern world can be very stressful, to say the least. With more and more people sinking into mood disorders, it s important that you take the necessary steps to uncovering your happiness. You do not have to settle for temporary sources of happiness any longer because with this guide, you will finally know just what it means to be, well, happy. However, before you can really understand what true happiness is, you need to know the different factors that can affect your own sense of happiness. Do you tend to focus on past events? Are you the type of person who dwells too long on the negatives? Do you sometimes feel like you are living in a mundane life, without any clear idea of how to get out of the rut? If you answered yes to any of these questions, then there is no better time to take hold of your happiness than today. Here Is A Preview Of What You Will Learn The Ultimate Happiness Guide Learn how to direct focus on the now, and not the past or the future. Being happy starts with living in the present. Uncover the secret to changing your mindset and gearing it towards happiness. There s...



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