



Health Habits: The Top 20 Habits for Increasing Happiness, Self-Confidence, and Quality of Life (Paperback)

By Tom Shepherd

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Ultimate Guide to Boosting Your Happiness Are You Stuck in a Rut and Unsure How to Get Out? If you are unsatisfied with your life, you are not alone. 61 of Americans feel dissatisfied with their lives and have no idea how to find greater happiness and tranquility. But, thanks to habit and happiness expert Tom Shepherd, now you break out of your rut and live the life of happiness and fulfillment that you deserve. This guide shows you how to achieve greater happiness by changing some of the small things you do every day. This book isn t some magical cure that will make all your troubles go away. Instead, this book gives you the tools and techniques you need to better deal with your struggles and to find greater peace and happiness every day. Inside this book you will discover: The power behind smiling How exercise can change your outlook How the way you dress can affect your confidence The best ways to beat your negativity habit How to use meditation to increase your sense of peace The power...



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