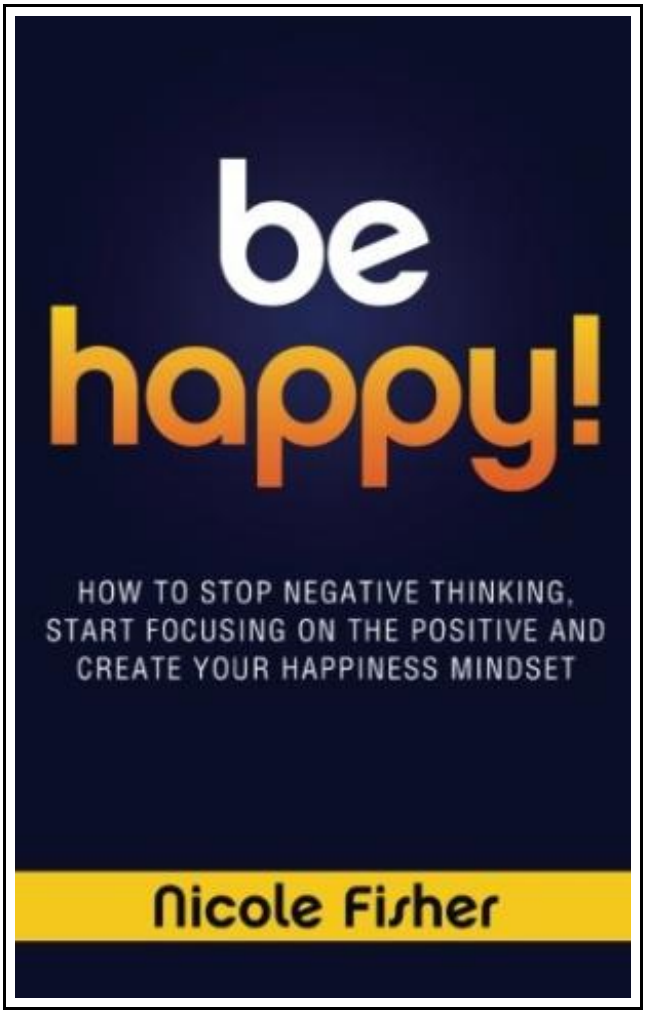
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Reviews

It is fantastic and great. Sure, it is perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Conor Grant)

BE HAPPY! - HOW TO STOP NEGATIVE THINKING, START FOCUSING ON THE POSITIVE, AND CREATE YOUR HAPPINESS MINDSET (PAPERBACK)

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Createspace, United States, 2012. Paperback. Book Condition: New. 198 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.How do you define happiness? Is happiness a place, or a destination? If it is, how do you get there? This book will help you understand that happiness is not a place at all, but rather a state of mind or a conscious decision you must make for yourself. No one can give you happiness, and no one can take it away. Take a moment to determine how important happiness is to you. If it is not that important, then you have nothing to worry about. Just be satisfied with the way you probably are: unhappy. If happiness IS important to you, then there is room for improvement! Happiness is the glue that holds our lives together. Happiness, or the pursuit of it, is what gives us hope. Happiness and joy give our lives meaning, and keeps us going when things get rocky. If you are not happy, then it s time to figure out what it will take to get you there! Inside Be Happy!, you will learn how you define happiness, the science of happiness, the risk of being a people pleaser, and how you can develop a happiness mindset. It will also explain why you may feel like you do not deserve happiness and will help you take steps to change your thought processes. Learn how to find your passion and purpose, how to turn a bad situation around, and how to embrace change. Filled with wonderful analogies, this book will help you take steps to start improving your life, right now. Towards the end, you ll learn a simple self-hypnosis technique and how to share the love with the pink bubble and start changing...

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