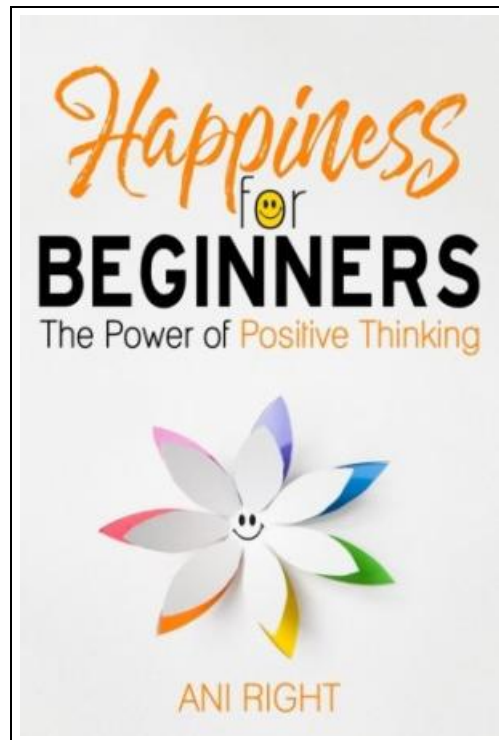


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HAPPINESS FOR BEGINNERS: THE POWER OF POSITIVE THINKING (PAPERBACK)

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Happiness For Beginners: The power of positive thinking is a practical guide for those who want to stop being unhappy and gain self-confidence. Are you depressed? Do you struggle relentlessly with procrastination? Are you overwhelmed by tons of negative information coming from all directions? Do you feel like you live in a constant state of tension? Do you hate mornings? Do you waste your Sunday night dreading Monday morning? Do you lack the courage to simply embrace who you are and live as your authentic self? Would your friends describe you as a pessimist? Are you dissatisfied with your job? Do you think that you are simply an unlucky person? If so, don't panic. You are not alone. Thousands of people around the world struggle every day with the exact same feelings that you are experiencing. However, the vast majority will never take action to change their outlook and their lives for the better. They will continue their lives in the same pattern of negativity and despair, afraid and unwilling to change. The lessons held in this book can help you break free of this cycle and regain control of your life. The question is: do you want to be happy? Do you want to change the way you feel and live a positive life? Do you want to find your path to happiness? Have you heard about the power of gratitude? Have you ever stopped to think about all the things you already have that you could be grateful for? Even in our darkest days, weeks and months, there are thousands of tiny things all around us to be grateful for. There are memories of happier days filed away...



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