



Happy panda is a company dedicated to help you. We are specialist in inspiring people and making their life quality better. Our method has been proven to work 99% of the time. We think that happiness is something everyone can achieve. Our goal is to make this world a happier world. A panda world.



Have a happy live.
Have a Panda live

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The
Happy
Panda



GENESIS



"I'm now happy"

When i got to know about your services I was always depressed, but now that I have gone to your classes, I feel much more better.

Michael Rovins-customer



"The happiness recipe"

My experience in Happy Panda has make me understand how important I am. It has change my life forever

Lisa Smith-customer



"A very efficient working method"

"As a psychologist I consider their method one of the most efficient ones. I've must seen thousands but the best one is theirs."

Susan Calvin-Psychologist



HAPPY TIPS

- **Have a pet:** They make their owners happier by giving them love. There is never too much love!!
- **Read books:** Book help you to free your imagination. If you are able to imagine a better future, it will surely come true.
- **Appreciate your mates:** If you don't give them a chance to show you their capabilities, you would lose a friend.
- **Be friendly:** Friends make you happy, are one of the easiest ways to get happy in no time.
- **Practice a sport:** Physical activity has been proven to be the main generator of dopamine, which is the hormone of happiness.
- **Have a healthy life:** Health is one of the main pillars of happiness. Just try to eat healthy and don't be lazy
- **Let yourself have fun:** Shy people normally lose opportunities to be happy, don't be shy when going to a party, just enjoy it.
- **Be yourself:** Copying people won't make you happy. Being yourself is the only way to express your own feelings.
- **Be patient and calm:** In this society fastness is rewarded and has become a way of live. Stopping just for a moment will make enjoy more each moment.
- **Laugh:** The easiest way to be happy is to be happy, there is no miracle, just believe it

HAPPINESS TEST

What's the opinion you have about yourself?

- a) Good
- b) Meh, normal
- c) Bad

Do you feel lucky?

- a) Luckiest person
- b) Not much. Nothing bad neither good has happened to ne.
- c) Everything goes wrong!!

Would more money change your life?

- a) Meh, I'll not need to worry about as much things as I do now(I guess)
- b) Yes, money is always helpful
- c) Of course, It Would make my life 100 times better

What do you think people think about you?

- a) Awesome, epic personality
- b) Meh, normal person
- c) Boring, like a happiness sink

How about your family?

- a) Lovely people, I hope I could see them more
- b) Normal people, a bit selfish and maybe stubborn.
- c) Hate them

- **Majority of A:** You are a super happy person, In Happy Panda we will help you to stay as you are
- **Majority of B:** You are a medium person. Happy panda will take to the next happiness level. Try us!!!
- **Majority of C:** you need help, luckily we can offer the most efficient one. Let us help you!!!