

9lICP [Download] Choosing Happy: 44 Proven Hacks to Defeat Sadness and Embrace a Joy Filled Life



CONTINUE ►

Do you find it hard to get excited about life? Are you irritable, struggling to escape negative thoughts, or overwhelmed by persistent sadness? You're not alone. These are all symptoms of low mood, and are shared by millions of people globally. Often unrecognized, low mood is an emotional state that while milder than depression, can negatively affect every aspect of your life. And the way we think, view, and react is only making things worse. The good news is, it can be beaten! Choosing Happy explores the science behind your sadness, and helps you embrace daily joy. It's proven hacks will teach you to combat the self-loathing, negativity, and irritability, and will encourage you to find and enjoy the little things, that make life the crazy, amazing, mess it is. If you often feel sad and low then this book is for you. If you simply want to bring more happiness and unadulterated joy into your life then this book is also for you. Are you tired? Cranky? Do you find it hard to get excited about anything? Then this book is definitely for you. Mental health is not just about conditions such as depression and anxiety. Instead it is about wellness. It's about realising your potential, living a life you love, and being able to cope with the stresses of everyday life. And this is what I want for you. To be whole and happy. Body, mind, and spirit. Low mood is not a part of who you are, and it's not something you have to live with forever. You CAN live an outrageously happy life. You just need to know how.

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