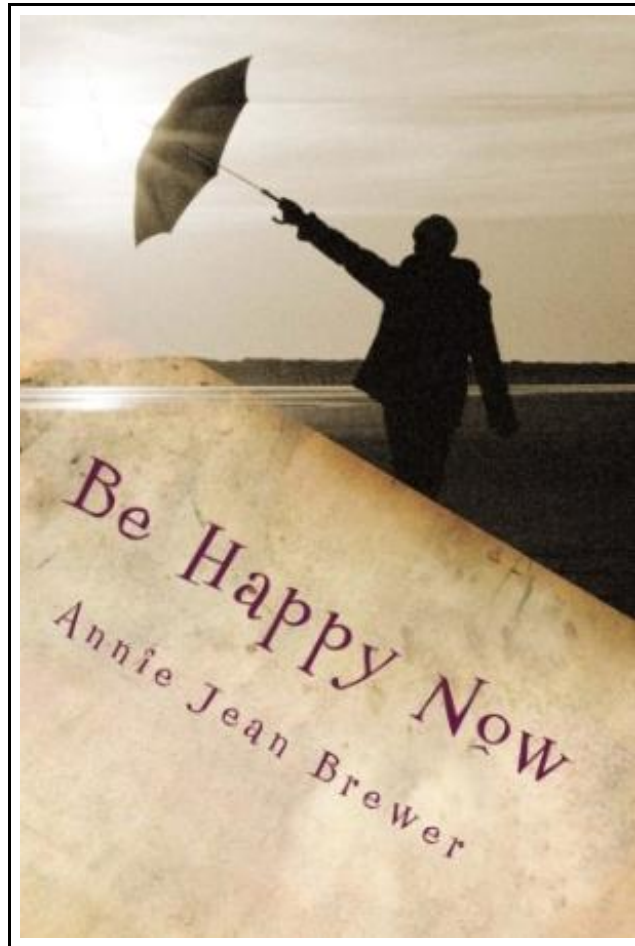


Be Happy Now



Filesize: 9.08 MB

Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Evie Emmerich)

BE HAPPY NOW



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 54 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. When you are depressed, nothing seems to help. I know, I've been there. The day will come when you've finally had enough, when you are sick and tired of laying in your bed waiting for yet another day to pass. What will you do? Most self-help books are so filled with fancy theories and trite advice that they forget the biggest problem that you are facing: You need something that works right now, something that will jump start your life. **Be Happy Now** is the one book designed to help with immediate results. There is no fluff, no expert opinions and no Bullshit involved - just the exact methods I have used personally to overcome depression in my own life. Inside you will find: That the only one responsible for your happiness is you. How to create your personal Happiness Snowball and start it rolling downhill. How to exercise your atrophied Happiness muscle. Visualization techniques designed to allow you to mentally take control of your problems and vanquish them. How to keep those happy feelings you have gained. Why Can I Trust You? Just like you, I've battled depression. I've lain in bed while my kids tiptoed through the house whispering Mommy is sick. I've felt even worse listening to them because I couldn't bring myself to get up, get dressed and take care of my precious babies. I've been scolded by others who just didn't get it, who didn't understand my depression, who thought I was just being lazy, who didn't realize that they were actually making things worse. My brain was so mushed that I couldn't focus on traditional methods to battle depression....



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