



## Be Happy! - How to Stop Negative Thinking, Start Focusing on the Positive, and Create Your Happiness Mindset

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By Nicole Fisher

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...



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