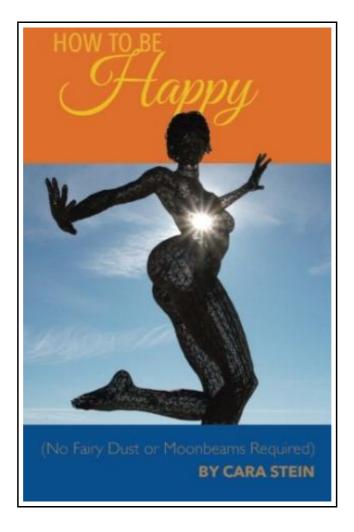
# How to Be Happy: (No Fairy Dust or Moonbeams Required)



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Createspace, United States, 2011. Paperback. Book Condition: New. 210 x 134 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It s not easy being happy in today s world. Let s face it, most people don t enjoy their lives much. Between their jobs, money worries, too many things to do, and too little time, most people are lucky to have one hour of happiness a week. Don t settle for that! Even if you have a pretty good life, maybe a B+, you can have more. You can build the life you want and be happy. It s not a trick or a scam, it s not a bunch of silly nonsense you tell yourself and try to believe, and it s not outside your power. It s real, and it s a gift you can give yourself. What you ll learn inside: \* The roots of unhappiness and 6 common mistakes people make when seeking happiness \* The mechanics of happiness and how it really works \* 10 faulty assumptions that may be holding you back \* How to let go of old memories, thoughts, and beliefs that stand in your way \* 10 tools you can use to create genuine happiness now \* How to build purpose and meaning into your life (no religion needed) \* How to go from stressed out to chilled out \* How to feel great and enjoy life on an everyday basis This book will tell you how you can be truly, genuinely happy on a daily basis. I ve gathered the best from academic research, books, and my own experience to create this simple yet comprehensive happiness guide so you can start living a happier life today.



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