



## 10 Habits of Happy People: Quick Easy Steps to Be Happy Everyday (a Practical Guide)

By Sofie K

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are YOU experiencing genuine happiness in your life on a daily basis? Would you like to know how to be happy every day? You really can be genuinely happy with this complete guide of proven and easily adopted habits of happy people and see almost instant results. If you can follow simple directions, this book will provide all the essential guidance to begin the journey that will finally change your life. It unveils ten scientifically verified steps you need to take. Be assured that happiness for beginners is easily within reach and you can actually choose to be happy. You will find here some of the most critical and proven approaches to be truly happy every day. The tips and very practical strategies suggested will not only cure depression but will also be very effective in learning to be happy at work, in life, or even being single and alone. Adopting the easy-to-follow habits will ensure that you stay happy whatever circumstances you find yourself to be in. The focus of the entire book is on what...

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