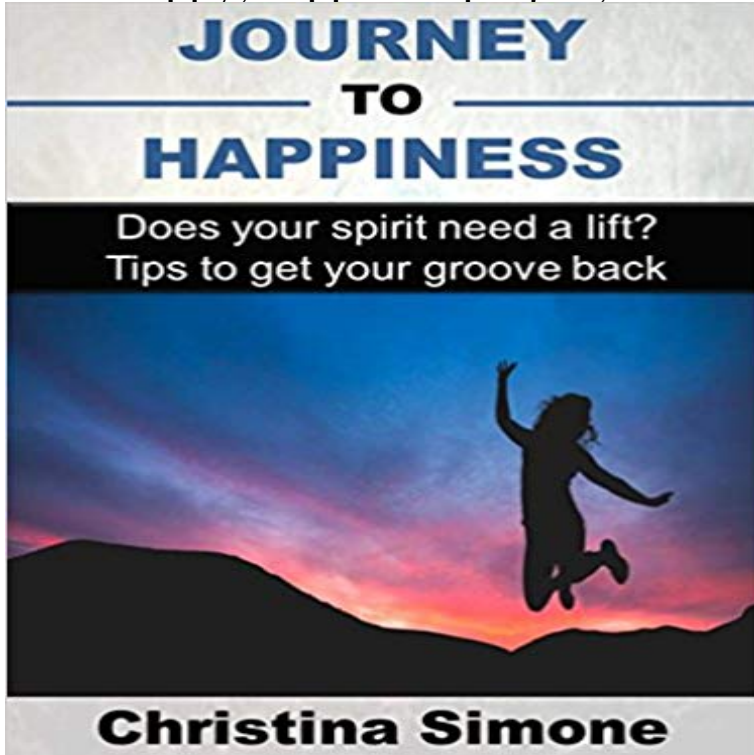


Journey to Happiness - Does your spirit need a lift? Tips to get your groove back (happy, happiness, positive thinking, positive mindset, how to be happy, happiness project, self love, gratitude)

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Are you in a bit of a funk at the moment? Would you like to get your groove back? Do you want to lead a happier and more fulfilling life ASAP? If you answered yes to any of the above questions download this book, read through it, and start taking action now my friend! Happiness appears to be such a simple yet elusive concept. Happiness is simple, for it almost requires nothing - no fixed price, no specific location, age requirement or salary. However, it does require a choice - a choice to be happy. Unfortunately, choosing to be happy has become a rather difficult discipline. Life has too many distractions. People have too many failed expectations, and the pathways. This book is designed to help transform your experience of happiness in your day-to-day life. It covers strategies for you to put in place that will significantly lift your spirits. You will learn how to see the world through the lens of gratitude, give up the endless search for satisfaction and let go of that which doesn't serve you. It will address how to prioritize your health, explore the power of play and provide practical strategies that you can apply in your life to enhance the level of your happiness at home, at work and everywhere else.

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