



**HAPPINESS: Begins with YOU: The ULTIMATE
guide in how YOU can take charge of your own life
and HAPPINESS (Happiness, Happy,
Psychological Wealth, Life, Ultimate Guide Book
1)**

Poppy Wild

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Happiness: the one thing that we all strive for in live. This book will help you create and understand that you have control over the happiness in your life!

Happiness; it is the one ingredient in life that we all search for right from the day we are born to the day we die. And while some of us find it along the way, many others don't and if they do, it is just temporary happiness that disappears just as fast as it came. Then you might ask; where is the difference between those who find lasting happiness and those who don't?

Do you often find yourself complaining about how unhappy and dissatisfied you are with your life? Does your life seem meaningless to you? Do you want to inject happiness into it once more? If yes, then maybe it is time you start taking charge of your life.

Here is a Preview of What This Book will Teach You

- Decide to Bring a Change

- **Realize that People Aren't Responsible for Your Happiness**
- **Speak Positively to Yourself**
- **Stop procrastinating and Take an Action**
- **Pay Attention to Your Health**
- **Cultivate Passion and Excitement in Your Routine Life**
- **Celebrate Your True Self**
- **Learn to Appreciate the Little Pleasures in Life**

Buy this book and start harnessing your own happiness today!

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