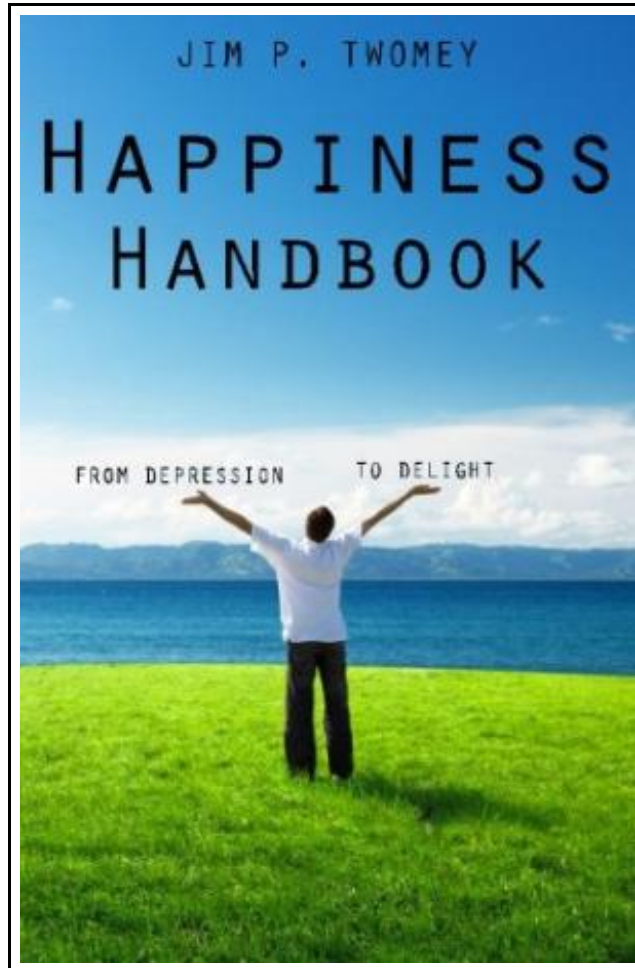


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*This publication is great. It is full of wisdom and knowledge You will not really feel monotony at at any time of the time (that's what catalogs are for relating to when you ask me).*

*(Dr. Everett Dicki DDS)*

## THE HAPPINESS HANDBOOK: FROM DEPRESSION TO DELIGHT



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Happiness has a new dimension. Through laughter, focus, and presence you too will be able to find and enjoy peace every day and be relaxed. Most people go through life accepting mild to serious negativity, depression, anxiousness and being stressed out. This handbook will show you how to do happy homework with easy to follow plans at the end of each chapter. There are many ways of enjoying life. The author shares what he has learned through his own trial and error to support your journey to happiness. If you feel content, you can reach that happy place. If you are fearful, contentment and peace is difficult to experience. This book will allow you to enter a world of laughter and joy - in small steps initially. If you follow the practice exercises in each chapter, you will develop the habit of happiness and contentment. You ll want to focus on being in the now, instead of the past or future. The author is a happy person who enjoys peace every day. He feels fulfilled and loves being alive. And yes, he has breakdowns everyday. But he is able to come back to find and discover his inner peace and joy. Smile again. Have fun. Be relaxed. He has developed techniques that are used to enjoy his life and now are shared in this book with you. This is not a book on theory. These are ideas that are simple and rudimentary things that we are aware of, but don t know how to implement, without first forming habits that are positive. Practicing these ideas in your real life and in real time is what...



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