

Learn and master the art of happiness! Are you looking for happiness in all the wrong places? Do you often times find yourself depressed or in a funk for no reason? Happiness does not happen by accident. There are many moving parts of happiness and the causes may surprise you. If you are looking for a no-nonsense, practical guide for being happy then you will enjoy this easy read. Topics from the Happiness Book... What is true happiness? Where does happiness come from? The myths of happiness How to achieve happiness How to experience happiness for longer Noah Shelton unravels happiness in an easy-to-understand way! Happiness is subjective to the individual experiencing it. By understanding yourself and your definition of happiness, you'll be able to find more happiness in your everyday life. This book is a simple and easy guide that teaches you how to find your happiness, overcome depression and anxiety, and start living a happy life! You will learn about: How to change the way you think and react to situations How happiness myths have affected your happiness 11 simple ways to control and cultivate more happiness in your life Bonus Included: Happy Homework exercises and activities Scroll up and click buy to make yourself happier today! 100% Money Back Guarantee Tags: happy, happiness, books about happiness, online, happiness book, book about being happy, books, ebook, overcoming depression, ebooks, anxiety, overcoming anxiety, living a happy life, self-help book, self help books, motivation, better living, healthy living, ebook, understanding happiness, happy life, happy guide

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