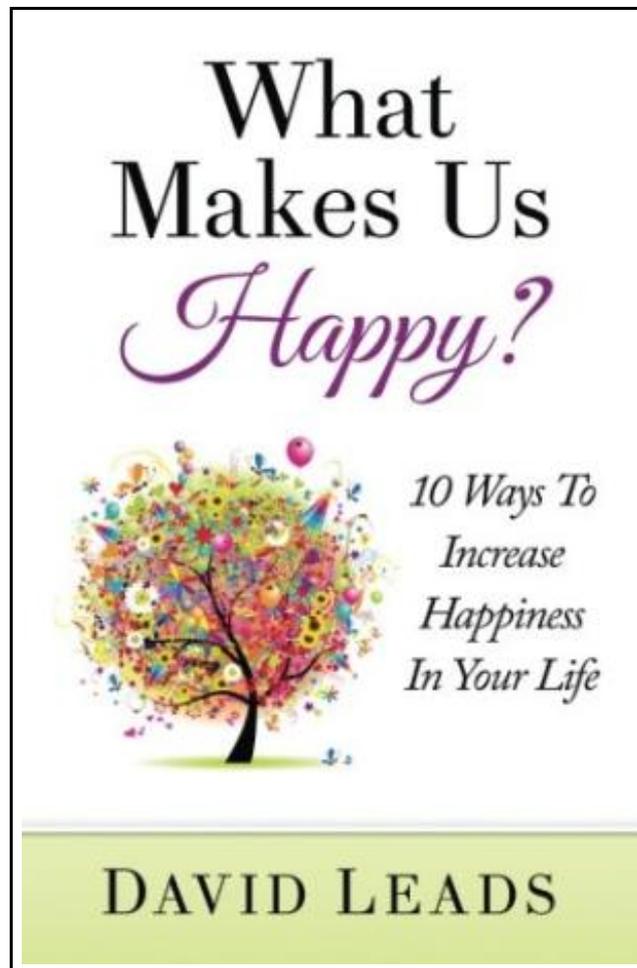


What Makes Us Happy?: 10 Ways to Increase Happiness in Your Life



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WHAT MAKES US HAPPY?: 10 WAYS TO INCREASE HAPPINESS IN YOUR LIFE



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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.I Just Want To Be Happy. I Wish I Could Just Be Happy. All I Really Want Is To Be Happy. How many times have you heard these statements? How many times have you said them? Do you really want to be happy in life? Do you know what it takes to be happy in life? After everything you do for money, power, prestige, and fulfillment, it all comes back to happiness, and maximizing your happiness. So, how do you know that what you re doing is really something that s going to make you happy? It s so easy to fall into the traps that society feeds us about what we need to do in order to be happy. However, it s easy to know what doesn t make you happy. You know that buying things doesn t make you happy. You know that owning a fancy car doesn t make you happy. You know that working 12 hours a day doesn t make you happy. So, do you actually know what makes you happy? We wanted to find out. So we interviewed close to 100 people. We asked them what made them happiest in their lives, and we discovered 10 happiness themes that made people happy. This book will teach you 10 real ways to increase happiness in your life This book is for people who want to increase happiness in their lives. It s for people who enjoy their lives, but want to live life to the fullest, and who want to maximize their happiness. What will this book do for you? You will learn the 10 ways to increase happiness. And here s a...



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