



Choose to Be Happy and Learn How to Be Happy Now: Overcome Negative Thinking, Bad Thoughts, and Stop Self Defeating Behaviors: Use Simple Happiness Mindset Steps and Positive Thinking and Be Happy!

By Sam Siv

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a #1 Best-Selling Kindle eBook author - Sam Siv There are people who believe that their actions do not dictate how happy they are in life. To a certain extent, behavior will dictate the level of happiness, but that's only part of the story. To attain happiness, there are different elements which work, hand in hand, to produce perfect balance and harmony. Are you unhappy a good bit? Do you want to feel fulfilled and happy? Would you be willing to look at things in a different way in order to achieve happiness? If you answered yes to any of these questions, then this book is for you. In Happy: Choose To Be Happy and Learn How To Be Happy Now, you will learn the answers to all of those questions and much more. In Sam Siv's book on Being Happy, you will learn: *How To Understand Self-Image * How to Develop Your Strengths * How Spirituality Helps Happiness * How to Balance the Scales * Happiness Substitutes In addition, you will learn how to...



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