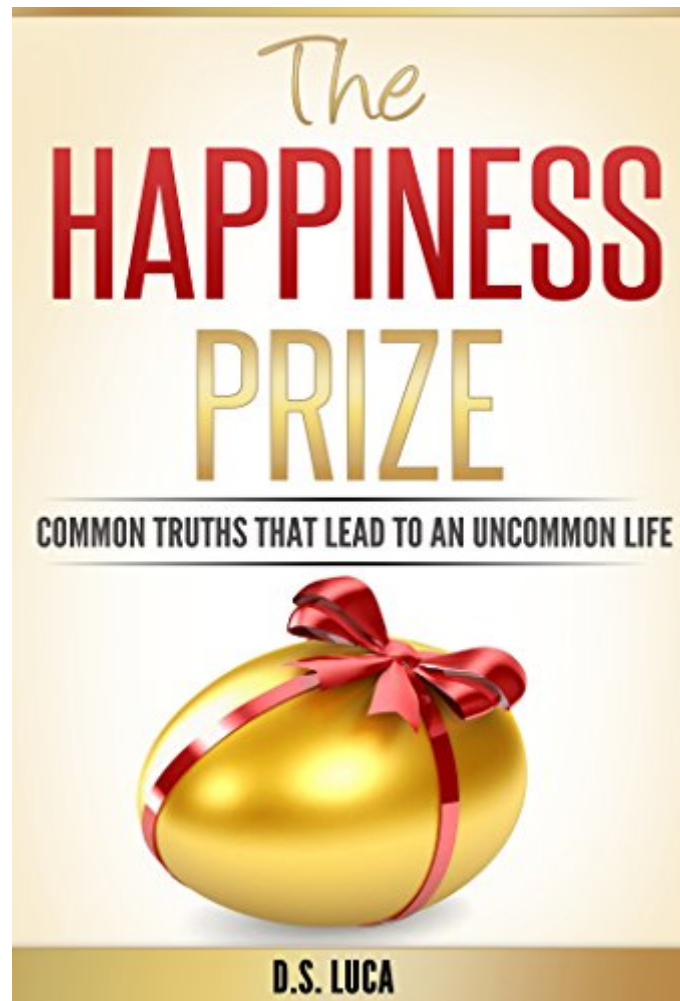


The book was found

The Happiness Prize: Common Truths That Lead To An Uncommon Life (Wisdom Given Book Series 1)



Synopsis

Do you want to stop depending on others for your Happiness? Or attaching your Happiness to some future event that never arrives? Would you like to gain an understanding of common mistakes that keep us from experiencing our own Happiness? Do others expect you to provide their Happiness? Are you unhappy most of the time? Do you find yourself negatively focused and unable to pull yourself out of the funk? Are you feeling consumed with stress and worry? What is the exact source of Happiness? It's time to take your Happiness into your own hands! In this book, you will learn to do just that. These easy to implement changes in perspective make all the difference between a happy person and an unhappy person. You can never underestimate the power of your own mind. These techniques and perspectives were gathered over the centuries by some of our world's greatest minds. This wisdom has been around for centuries yet almost no one has been able to apply these techniques successfully...until now. In addition to the incredibly wise teachings, you'll learn to be more self-reliant and take control of your own life by refusing to leave your happiness in the hands of others. What actionable and realistic tactics will you learn? Why Happiness is our natural set point and how to return there Easiest ways to stop relying on others for your Happiness The most common influences and how they affect your Happiness How to sidestep the roadblocks that hinder your Happiness Simple hacks that allow you to access Happiness anytime, anywhere Also discover the following insights: The secret ingredient for obtaining Happiness The 5 reasons money will never buy happiness Discover what controls and influences your Happiness How to achieve lasting Happiness This is proven guidance for lasting Happiness. How will your daily life improve? Your stress levels will retreat and your worries will shrink It will allow you to enjoy life more often It will enable you to look at people, situations and events with a new perspective You will feel self-empowered as you regain control of your emotions By leveraging the Laws of Nature you can take your Happiness to new heights Implement this wisdom and see your Happiness expand in all areas of your life! Learn how to achieve lasting Happiness by clicking the BUY NOW button at the top of this page!

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Customer Reviews

I thoroughly enjoyed this book and the ideas it presented. The fact that our happiness is a direct result of our thoughts is very reassuring to me. It helps me to realize that I have control of what happens in my life. I highly recommend it to everyone and especially to those who feel that they are helpless in managing problems that they may incur.

Good ideas of finding happiness, but so far I'm almost at the end of the book and there is not much new here.

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