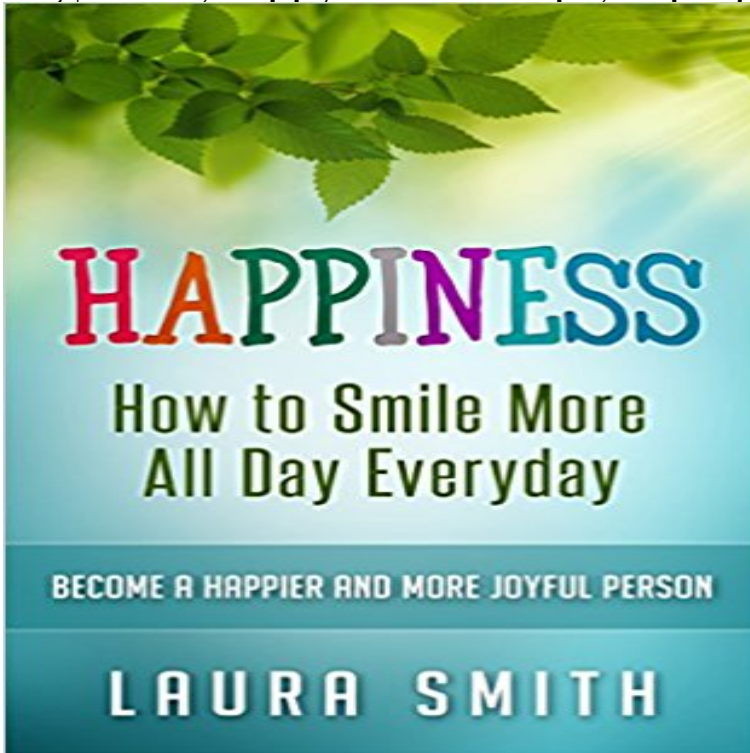


Happiness: How to Smile More All Day Everyday, Become a Happier And More Joyful Person (Happiness, happy thoughts, Happiness for beginners, happy relationships, ... project, How to laugh, happy hour)



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I want to thank you and congratulate you for finding the book, Happiness: How to Smile More All Day Every Day. If there has been one emotion that is constantly discussed and debated about, it would be happiness. To many people, this is a sought-after yet highly elusive emotion. To illustrate, the celebrated poet Henry David Thoreau once said that Happiness is like a butterfly. The more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder. This book contains proven steps and strategies on how to be a happier person and how to conjure up those smiles more easily. This book's chapters all contain information on the following: 1 - What happiness is and how it can mean different things to different people; 2 - How smiling more can benefit you and everyone around you; 3 - What a healthy body has to do with being happier and tips on how to cultivate one; 4 - How to protect and develop your mindset so that it becomes more conducive to happy and peaceful thoughts; 5 - Ways to improve or to nurture fulfilling relationships with those who are important to you

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