



The Happy Habit: 10 Simple Steps To Find More Happiness In Your Life (One New Habit)

Grace Stevens

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NOTE *** This is the LARGE FONT version of this book*** Regular sized paperback and digital version are also available. What if the best advice you ever got was to “screw your life’s purpose”? What if instead of another book that told you to “follow your path”, you found a book with practical advice on how you could find ways to be truly happy in the life you have right now? Congratulations! You have found that book! In this short guide the author gives practical advice on ways to find joy and happiness in your everyday crazy life. Based on over 20 years of research and practical application, Stevens shows you how “being happy” is a habit, regardless of your life’s circumstances. There might be many things about your life that you want to change, thinking that they will bring you happiness. Stevens proposes that being happy comes first. First get happy, then you’ll be able to make the changes you need. While presenting suggestions backed up by solid scientific data, this book is a fun and easy read. There are practical strategies that you can start using today for a happier tomorrow.

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