



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! (Paperback)

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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