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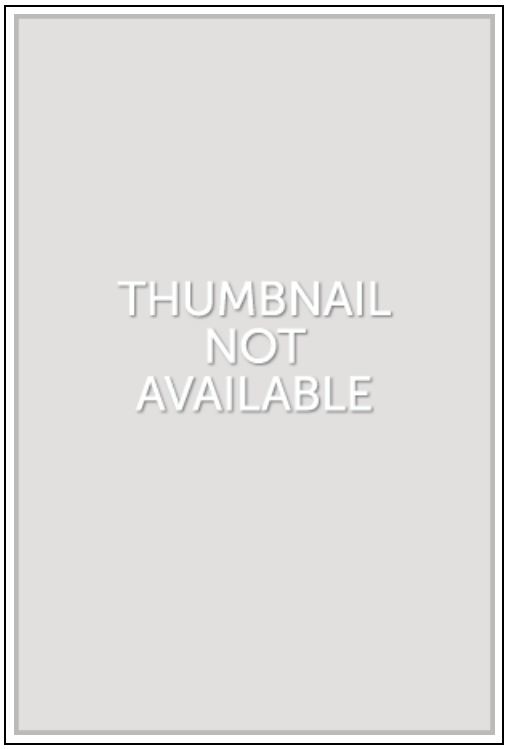

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.HAPPY TODAY was written as a pocket How To guide to achieving happiness on a daily basis. So many of us think that happiness is some sort of reward; we will be happy when or we will allow ourselves to be happy if . But what If that is not the case? This book will dispel the myth that happiness can only be achieved when and if by empowering its readers with the knowledge needed to understand that when it comes to your own emotions -happiness in particular- YOU are in fact the most powerful person in the Universe. Inside you will find 50 inspiring, uplifting, and easy ways to create feelings of happiness within yourself whenever you decide to. This book will act as a playbook giving you an abundance of different ways to manifest the amazing feeling of happiness in an instant, so that you can live life to the fullest, and make being Happy Today your daily routine.

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