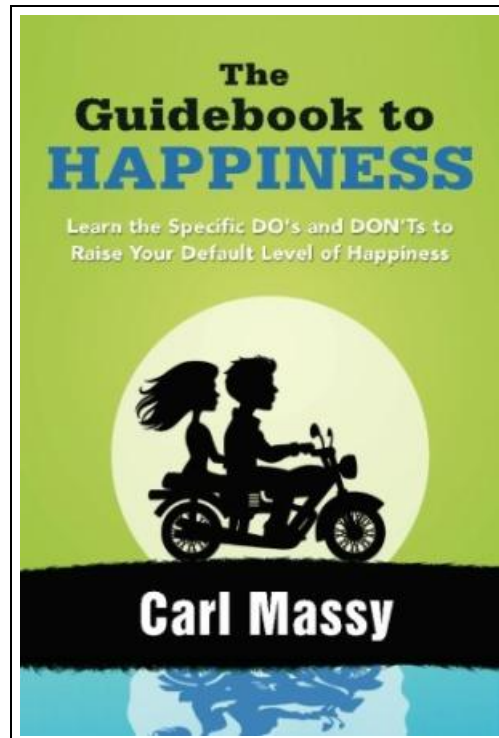


## The Guidebook to Happiness: Learn the Specific Do s and Don ts to Raise Your Default Level of Happiness



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Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The most practical HOW TO book on Happiness, with the biggest (science-based) DO s and DON Ts to increasing your default level of happiness. Written in a fun, practical and action-oriented way by an expert strategist, NLP master practitioner, fitness trainer and hypnotherapist. Would you like to discover the BIGGEST do s and don ts when it comes to experiencing real happiness? This book is an excellent summary of much of the research on happiness - compiled in a fun and very practical book. When it comes to happiness that is exactly what The Guidebook to Happiness does. It guides you SPECIFICALLY on what to do (or not do) and how, when it comes to increasing your level happiness. Written by Carl Massy - a happiness strategist - who has blended over a decade of research and practice in the art of happiness as a NLP Life Coach, personal fitness trainer, and Reiki master with 20 years of strategic planning as an Olympic Games consultant and ex-army officer. Carl has also travelled to over 53 countries and knows the true value of a great Guidebook. 21 Chapters and 21 Lessons on the biggest do s and don ts for experiencing more real happiness. Plus specific happiness strategies to bring them into effect today. You also get access to a whole lot of freebies when you buy the book. IN THIS GREAT BOOK YOU WILL DISCOVER: What key provides up to 50 of your happiness What the experts tells us are the best daily rituals for increased happiness and well-being How to become smarter - quickly How to make decisions that lead to lasting happiness The pitfalls and traps...



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