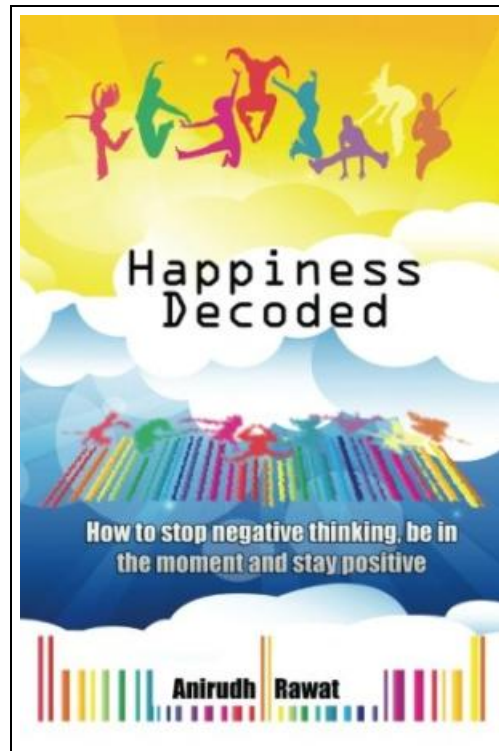


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Reviews

I just started off reading this article ebook. It is actually written in basic words and not confusing. I am just very happy to let you know that this is the best ebook I actually have read through inside my individual daily life and can be the finest ebook for possibly.
(Dayne Johns)

HAPPINESS DECODED: HOW TO STOP NEGATIVE THINKING, BE IN THE MOMENT AND STAY POSITIVE (PAPERBACK)



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Createspace, United States, 2014. Paperback. Condition: New. Arun Rawat (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Happiness Decoded - A Book to Crucify Negativity to stay in a Good Mood Happiness Decoded (HD) starts by giving a precise definition of happiness which simplifies what needs to be done to stay happy. It is built around the theory of the Eight Cs which identifies things you need to let go of and things you need to inculcate to attain a positive state of mind which is not easily disturbed. In the eight chapters dedicated to the eight Cs there are various examples to help the readers understand how a C affects their life and how they can handle it to stay in a good mood most of the times. In the second part of the book, Anirudh talks about how, after being surrounded by negativity due to attacks of psychosis, he successfully applied various points of the theory in his life to become a happy person again. The last part of the book consists of exercises which give you guidance in adopting a systematic approach in your battle for the fort of happiness. HD has many practical tips to help people stop negative self talk as the author has first-hand experience of how it screws your life ; and knows how you can change your thinking to overcome it. Among other things, Anirudh tells you how to stop complaining and provides an effective alternative to the ludicrous habit. There is also stress on how to achieve a state of mind which allows you to be in the moment. Happiness Decoded will make you introspect; help you identify the reasons which are making it difficult for you to be a positive person; and give you simple but effective...



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