



The Happy Handbook

Liggy Webb

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Life is what YOU make it! The Happy Handbook aims to provide you with a compendium of modern life skills and tools to help you to thrive in the twenty tens and embrace modern living in the happiest, healthiest and most positive way. You will discover information on 25 essential life skills and each one is summarised with useful tips to support you in improving the quality of your life. There is also an eclectic collection of thought provoking and useful "happy stuff" that includes music, films, quotes and recommended websites to help you to achieve the happy factor

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