



7 Simple and Proven Strategies that will Easily Increase your Happiness in Life (Increase Happiness, Strategies to Happiness, Control Your Life, Concrete Strategies, Controlling Life)

Stevie Anderson

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Seven simple strategies that will easily increase your happiness in life.

You're about to discover how to take better control of your life so that you can feel happier. Despite the busy life, the children that are growing up too fast and that demand some endless attention and supervision, you too need to take care of yourself. The thing is, we sometimes forget to do so and sacrifice our happiness, in the process. This book is not about a spiritual journey, it's more about concrete strategies that actually work. These strategies were used by our great parents, maybe by our parents and we've somehow detached ourselves from them because we are too busy behind our computers or maybe too busy chasing "big dreams". Well, no big dream is achievable unless you are happy.

Here Is A Preview Of What You'll Learn...

- You will learn to use the sun to your advantage
- You will learn more about being grateful
- About finding solutions
- The benefits of sleeping more
- The importance of having your loved ones around you
- The importance of working out
- And much, much more !

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