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The Self Development Box Set: Happiness:Stop Feeling Depressed, Sad, Lonely And Become Happy & Taking Action Now: 20 Ways To Live A Better Life - Become ... Master Your Mind & Achieve Your Goals

Tony Scott

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Happiness: Stop Feeling Depressed, Sad, Lonely And Become Happy
Life Changes When We Become Happy

If you are ready to discover the secrets to happiness then the wisdom found in this book has the power to change your life from being sad, lonely or depressed to smiling again. These are proven methods that work for overcoming sadness and obtaining happiness.
This book is a guide on how to live a happier life. This is an easy to read book with simple principals and techniques that anyone can apply.

Happiness is a state rather than an emotion. It is the pleasure we have as a result of living a good balanced life of work, friends, family and hobbies as well as using our strengths to not only accomplish our goals but for a greater good.

However, life is full of challenges and certain things will happen that may make us sad, lonely or depressed and in order to live a fulfilling life, you will need to know how to deal with such problems so that you remain in charge of your life and in control of all your emotions.

Here Is A Preview Of What You'll Learn...
Dealing with depression
How to handle loneliness
Meeting people
Ways to live a happier life
Much, much more!

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Taking Action Now: 20 Ways To Live A Better Life – Become Fearless, Master Your Mind & Achieve Your Goals
You're About To Discover How To Take Action and How To Live A Better Life by Becoming Fearless, Mastering Your Mind & Achieving Your Goals

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You will learn how you can get rid of negative thoughts as well as control your mind so that you can achieve your dreams and live a better life.

Taking Action is more than a book. It includes
- How To Lead A Better Life Booming With Health
- How To Lead A Better Personal Life
- How To Better Your Life Socially
- How To Better Your Life Financially
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