



Happiness, redefined:10 simple and most effective ways to improve your happiness and live a life like KING

James John

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This book contains proven steps and strategies on how to improve your happiness and live a life like KING. We're all human, with a varying degree of emotions that are part of who we are. Our emotions and responses to events occurring in our daily lives have a huge impact on how we get through every single day. Some days are filled with stress, frustration, anxiety and pain. There is no universal meaning for happiness. It varies from person to person. But, one thing is for sure that happiness is not a destination it's a Journey. Happiness is in the present moment. Life isn't easy. Still, life can get easier if you have a positive mental and emotional outlook on your relationships, your education, your job or your career goals. This book will not make every wish you have come true, but it will show you how to dare to dream – to reach for your goals no matter where or who you are. We all deserve happiness. Be inspired. Be proactive in choosing YOUR level of happiness in today's world. Through that sense of self, you will learn to appreciate everything that life offers you. I will show you how to examine every aspect of your current life and habits with the goal of creating a stronger you that is better able to face, confront, and overcome life's many challenges. In this book you will find out some steps and tips to a more meaningful – and happy – life by exploring the things in life that can get you down or build you up. Some of the methods explored in this book will provoke the need for careful thought and reflection on your part. However, together, we can find that road to greater happiness, peace of mind, and stability in life. Thanks again for purchasing this book, I hope you enjoy it!

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