



# Happier Days: 365 Practical Ways to Improve Your Happiness and Wellbeing

*Anneesh Elizabeth*

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**Happier Days: 365 Practical Ways to Improve Your Happiness and Wellbeing** Anneesh Elizabeth

Author of Turn Your Reasons Into Results, now shows you how to reclaim your happiness and nurture your wellbeing - one day at a time. No secrets, no hidden knowledge, no big grandiose notions, just simple, practical actionable ideas you can implement to create small shifts which over makes a big difference.

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