



How To Be Happy: 31 Things Everyone Can Do to Have a Happy and Kick-Ass Life

Jamie Becker

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Are You Living a Happy, Fulfilled and Kick-Ass Life?

If the answer is yes, congrats! If the answer is no, no problem. You've come to the right place...

WARNING: DO NOT READ THIS BOOK IF YOU DON'T WANT TO START LIVING A HAPPY AND KICK-ASS LIFE.

Who doesn't want to be happy? Hundreds of books have been written and probably even more movies have been made about the pursuit of happiness, and yet so many people struggle to live a happy and fulfilled life.

Life is too short to be sad.

The key to happiness is not having all the material things in this world but having the right mindset and making a conscious effort to be happy.

In this book I will show you 31 easy and effective ways on how you can finally start living a happy and kick-ass life. And the best thing is: EVERYONE can implement them in their lives!


The ways are grouped in several chapters, so you'll be able to remember them even better. Some of the steps are so easy you will be wondering why you have not thought of doing them before.

Anything else?

As they say, do not worry too much about life. No one gets out alive anyway so you might as well enjoy the most out of it.

Download and start living a happy and kick-ass life today.

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