



**The Happiness Book: The Easy Guide on How to Find Your Happiness, Overcoming Depression and Anxiety, and Start Living a Happy Life!: Easy Guide on How ANYONE Can Be Happy and Understand Happiness**

*Noah Shelton*

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## **Learn and master the art of happiness!**

Are you looking for happiness in all the wrong places? Do you often times find yourself depressed or in a funk for no reason? Happiness does not happen by accident. There are many moving parts of happiness and the causes may surprise you.

If you are looking for a no-nonsense, practical guide for being happy then you will enjoy this easy read.

## **Topics from the Happiness Book...**

- What is true happiness?
- Where does happiness come from?
- The myths of happiness
- How to achieve happiness
- How to experience happiness for longer

## **Noah Shelton unravels happiness in an easy-to-understand way!**

Happiness is subjective to the individual experiencing it. By understanding yourself and your definition of happiness, you'll be able to find more happiness in your everyday life. This book is a simple and easy guide that teaches you how to find your happiness, overcome depression and anxiety, and start living a happy life!

### **You will learn about:**

- How to change the way you think and react to situations
- How happiness myths have affected your happiness
- 11 simple ways to control and cultivate more happiness in your life

### **Bonus Included:**

"Happy Homework" exercises and activities

**Scroll up and click 'buy' to *make yourself happier today!***

***100% Money Back Guarantee***

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#### **Harry Branham:**

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#### **Debra McGregor:**

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