



A Happy You: Your Ultimate Prescription for Happiness

Elizabeth Lombardo

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Wish you had more happiness in your life?

Imagine being less stressed and happier right now. Finally, you can make this dream a reality! Based on scientific research and real life stories, here is your ultimate prescription to a joyful, fulfilling life, and it is a lot easier than you might think. Get ready to transform your life.

You will discover:

- * Quick steps to generate greater happiness despite challenges you may be facing
- * Why finding positives in your life can not only improve your mood but also enhance your health, relationships, work and even bank account
- * Easy skills to boost your self-confidence
- * Way to better your relationships: with friends, family, co-workers and even yourself
- * Effective approaches to let go of regret and worry that prevents you from enjoying life

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Becky Pope:

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