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by Jem Friar : **Choosing Happier: How to be happy despite your circumstances, history or genes (The Practical Happiness Series) (Volume 1)**

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Description :

PDF-605de | Would you like to be able to choose to be happier? Did you know that scientists and researchers have discovered: Why some people are much happier than others? Happier people are more successful, resilient, creative, productive, kind and energetic, plus they have better health and relationships? We all have a happiness set point (a level of happiness that we keep returning to)? That this set poi... *Choosing Happier: How to be happy despite your circumstances, history or genes (The Practical Happiness Series) (Volume 1)*

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