



Choose Happiness: 7 Powerful Habits for Building Long-Term Happiness

Mike Sherman

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Happiness is a Choice. It's Time to Find the Happiness You Never Knew You Had.

Imagine living with happiness, motivation, and inspiration. It is time for you to express radiant joy, peace, and contentment that is so unmistakable and so attractive that others are naturally drawn to you because they want what you have, but in today's culture, the majority of people are perceived as angry, judgmental people who don't seem to derive any joy from life whatsoever. So how is this achieved?

There are many ways to bring short term happiness to our lives but there are very few ways to develop a happiness mindset for long lasting happiness. I've thrown myself into constant research and took my own personal journey for long lasting happiness. I have learned that through certain habits we can achieve the type of happiness that everybody wants. See why people are calling this one of the best books on happiness.

In this book, you'll learn:

- **Why your unhappy and what you can do about it**
- Myths of what happiness looks like
- **How to develop habits that will make you happier**
- 7 powerful habits to implement for a happiness mindset
- **Overcoming obstacles for your happiness**
- How to develop your mind for happiness
- **Happier at work**
- And much, much more

It's time for you to **Choose Happiness!**

Buy the book today to find the happiness you never knew you had.

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Eden Cohn:

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Cheryl Waller:

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