



FINDING YOUR HAPPY PLACE

Sally Angelle

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Have you paid anyone a compliment lately? There's a part of the brain that responds well to paying others compliments. It's a win-win thing to do. It's time to stop withholding. Start boosting those feel good feelings and begin to find your happy place, all for yourself. Learn how it works and spread the applause to others. Find the art of giving and you'll never be lonely.

Chapter 1 Finding a Happy Place

Relaxation

Satisfaction

Chapter 2 Make Others Happy

Chapter 3 Happiness At Different Times and in Different Situations


Chapter 4 Bringing Up Children – Make a Child Happy

Chapter 5 Happiness at Work

Chapter 6 Finally

Chapter 7 Figure it Out

Complete with feel good quotes and pictures.

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Victor Smith:

Spent a free time and energy to be fun activity to complete! A lot of people spent their down time with their family, or their particular friends. Usually they accomplishing activity like watching television, planning to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the reserve untitled FINDING YOUR HAPPY PLACE can be fine book to read. May be it may be best activity to you.

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