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The Happiness Mindset: 12 Strategies for Happiness & Success I Wish Someone Had Told Me When I Was Younger

Brandon Stanberg

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There are some things in life nobody ever tells you. Things that you somehow just figure out on your own as you grow up, through life experience or observations of how other people handle things, or otherwise through seeking professional help. For example, dealing with a relationship breakup; facing rejection at school or at job interviews; being betrayed by a friend or a lover; suffering a financial loss; or falling seriously ill. These are universal experiences that everyone goes through. No one is immune to them. Do you sometimes wish someone had told you how to prevent these negative events, or at least shown you how to recover quickly from setbacks, losses or pain so you could quickly bounce back, focus on the things you love and live a happier, more successful life? This book includes 12 life strategies designed to guarantee a happier and more rewarding life and teach you how to create a “winning” mind set so that no matter what life throws at you, you can experience happiness and success and go from strength to strength.

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