

FINDING YOUR HAPPINESS



ANTONY SIMPSON

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by Antony Simpson

You deserve to be happy and to experience genuine wellbeing.

You deserve to feel positive and joyful.

But you weren't taught what happiness truly is or how to create a happy life for yourself.

FINDING YOUR HAPPINESS is your practical, uplifting guide to building a life that feels good from the inside out. This book gives you the knowledge, skills and wisdom to live a happier and more fulfilling life.

This book is an invitation to transform your life. To become happy. To step into your exciting future, one that's filled with happiness and joy.

Happiness is lived in *full colour*, and this book embraces that spirit. All formats are printed in full colour.

Inside you will:

- ★ Discover the secret to happiness.
 - ★ Learn to understand yourself on a deeper level.
 - ★ Identify where you are in life right now and where you want to be.
- ★ Develop a plan for happiness.
 - ★ Take meaningful actions towards a happy life.
 - ★ Maintain your happiness, whatever is happening in your life.
 - ★ Navigate adversity and challenges to your happiness successfully.

About The Author

Antony Simpson is an Author, Blogger and Nurse. Once very unhappy, he has transformed his life to be the happiest that he has ever been.

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