



## How to Be Happy

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By Elizabeth M D Ph D Jensen

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Would you like to enhance your life using everyday household items and learn how to breathe to be happy? Who doesn't want to be happy? It's all well and good to say I want to be happy, but how do you do it? Without guidelines or suggestions, many flounder in a desperate search to find happiness. How to be happy contains simple instructions on breathing and celebrating the world in order to achieve happiness. It illustrates many examples and exercises using the body's five senses in order to feel better. The style is conversational, as if a friend was talking you through each step of the way. Written for a broad audience, it does not assume scientific knowledge, a medical background, or access to technology. Get ready to be happy!.



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