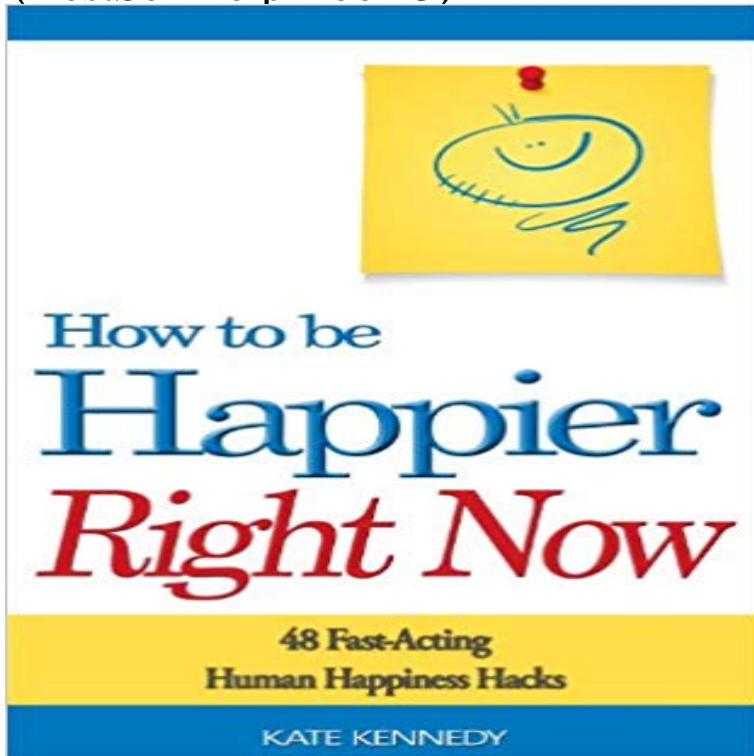


How to Be Happier Right Now: 48 Fast-Acting Human Happiness Hacks (BestSelfHelp Book 3)



Dont believe people who say happiness is determined solely by genetics or life experiences. Sure, we all have a general happiness set point, but there are scientifically proven, effective strategies we can employ to improve our levels of happiness, in the moment. Not just another happiness book, How to Be Happier Right Now is the result of Kate Kennedys personal mission to hack human happiness. It features the fastest-acting strategies from the best happiness gurus, coaches and researchers, combines them with personal experience, and presents them in easily digestible nuggets so you can start using them todayright nowto increase your happiness levels and live with more joy. It is a checklist of what really works, so you can refer to it quickly, easily, and when you need it. Take a look inside the book, or download a sample to get started!

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