

## HAPPINESS: How to get on Cloud Nine and Stay There!

Louise Frances



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Happiness is a choice and in your control. Relying on other people's words/actions/feelings or life's circumstances is a very uncertain and rocky road to happiness that isn't sustainable. You can find true happiness TODAY! Why? Because it lies within you and once you find it...you and your life will change forever.

Based on extensive research and reading, this concise and easy to follow book will guide you as you look at your current environment and take a closer look at yourself. It will then take you through some simple and actionable exercises to get you thinking and make a plan to get you closer to HAPPY.

Pledge your commitment at the start (it's important to be ready), follow the exercises and see how your life will change.

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