



The Happiness Habit: 5 Daily Habits to Increase your Happiness, Create a Positive State of Mind and Develop an Enthusiasm for Life

Caroline Bayliss

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Achieving that elusive state of happiness is constantly being challenged by today's lifestyle of long working hours, being connected 24/7, lack of job security, financial challenges and a lack of time to do what's important to you.

As happiness starts to drain away you become discontent, unfulfilled and even see your health deteriorate.

This short book contains 5 daily habits that are easy to build into your life, they take up little or no time and require only the effort of committing to change and experiencing an increase in your own happiness.

Develop these habits and you will notice an immediate change; habit 1 will provide you with an instant pick me up whilst others will help you develop a longer term and sustainable feeling of happiness.

As you practise these habits and embed them into your daily routine you will become:

- Happier
- Fulfilled
- Content
- Positive
- Enthusiastic
- Energetic
- Confident
- Healthier.

Try these simple changes today and you will notice an immediate change to your happiness; before long others will notice it too.

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