



Get the Happiness Habit

Christine Webber

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Happiness is a natural force within us. But sometimes we have to relearn it. It seems that at some point in our lives we lose the gift of being happy and sometimes struggle to find contentment. This inspiring book discourages the illusion that happiness can be bought or acquired or will magically happen. Instead it shows that happiness is an inner choice and that with a bit of skill and a mind shift, it can become a very good habit.

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