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By Julia Barnard

Mtc Books, Australia, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Simple, practical ideas for a happier life. Dip between the pages of this handy volume and you will discover a multitude of suggestions to help you: appreciate your life achieve your goals have fun build better relationships be more optimistic relax boost your mood improve your health There are opportunities for personal reflection and growth as well as tips for change. All of these tips have a common goal: greater wellbeing and happiness. They are based on sound psychological thinking and are particularly influenced by the principles, ideas and research of positive psychology. You will find a tip per page with space provided for your own notes. This is an opportunity to reflect on each tip and apply it to your own life. You will be an active participant in your happiness journey. Here are some tips to get you started: 1. Make time for your friends This week, find the time to meet up with your friends. If you are unable to do this, at least give them a call or send them a letter, email or a card, so they know...

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