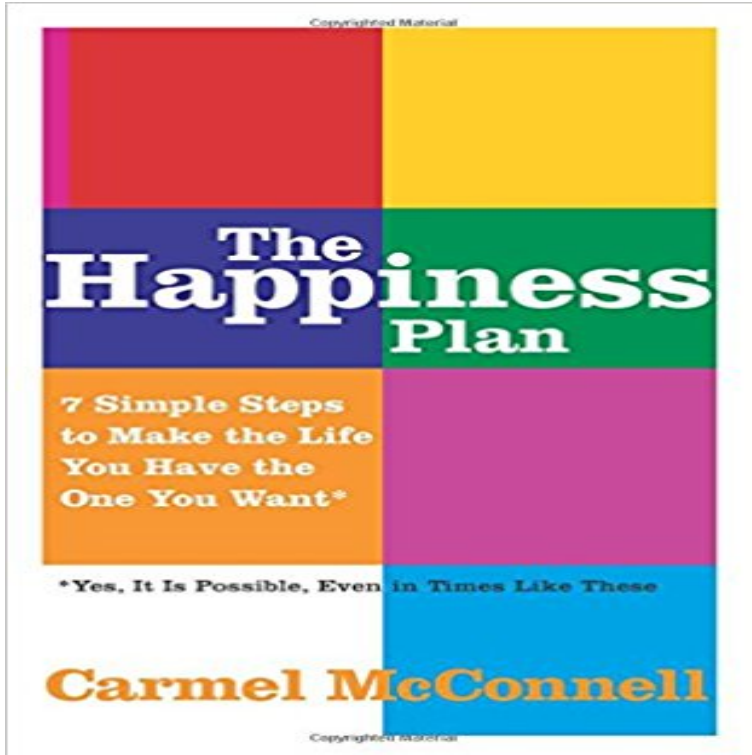


# The Happiness Plan: 7 Simple Steps to Make the Life You Have the One You Want



You can be happier! Like everything else, it starts with a plan: The Happiness Plan. In this warm, welcoming book, Carmel McConnell helps you build your personal Happiness Plan, gently glide it from talk to reality, and start living the happier life you've always wanted. In seven simple steps, you'll learn how to identify your unique sources of happiness, so you can begin building a life that gives you more of them... how to live as the real you, instead of someone else... how to unlearn unhappiness and escape anti-happy situations... feel the happiness that's already there... how to master the habit of living in the present, and focusing on what really matters... how to put love first, and make others happy... how to stop obsessing and worrying, and put your Happiness Plan into action! Do these things, and happiness will just happen: authentic, lasting, real. It's about taking gentle, small steps, and leading with your heart and it's easier than you ever imagined. The Happiness Plan is based on the latest breakthrough research about happiness. It works. Try it. You have nothing to lose and think of all you have to gain.

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