



100 Days Happier: Daily Inspiration for Life-Long Happiness

Domonique Bertolucci

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'Share the love' It's easy to take the most important people in your life for granted, leaving them at the bottom of your to-do list. At the end of your life the people you love and who have loved you, will prove to be one of your greatest sources of happiness. Give them the time they deserve today. "Give the people you love the best of yourself, not the worst." We all admit to wanting to feel happier on a daily basis. But many of us don't realise that the truth to lasting happiness is understanding happiness as something that you create, each and every day, through the simple choices that you make. 100 Days Happier invites the reader to make small daily changes in the way they think and act; changes that will create a fundamental shift in the way they feel about who they are and the life they are living.

100 Days Happier: Daily Inspiration for Life-Long Happiness Details

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From Reader Review 100 Days Happier: Daily Inspiration for Life-Long Happiness for online ebook

Sara Alkhaaldi says

Love it !

Sambasivan says

The one hundred simple yet powerful statements, if taken and followed seriously, are bound to transform your life. The basic premise is that happiness is 100 percent in your control and you could achieve that with a simple mindshift. Loved it!

Alexa Athelstan says

Brilliant! My new life bible! :)

Susan Dymock says

100 Days Happier is very sweet and filled with lots of lovely ideas and tips. The main problem for me is that I feel like I've read them 100 times before. The content is not at all original or unique, so I can't rate this more than two stars.

Nadine Sarmiento says

This is exactly the boost that I needed that is not caffeine!

Indy Fernandez says

A nice reminder of what is important in life. Short, yet it drives its message home.
