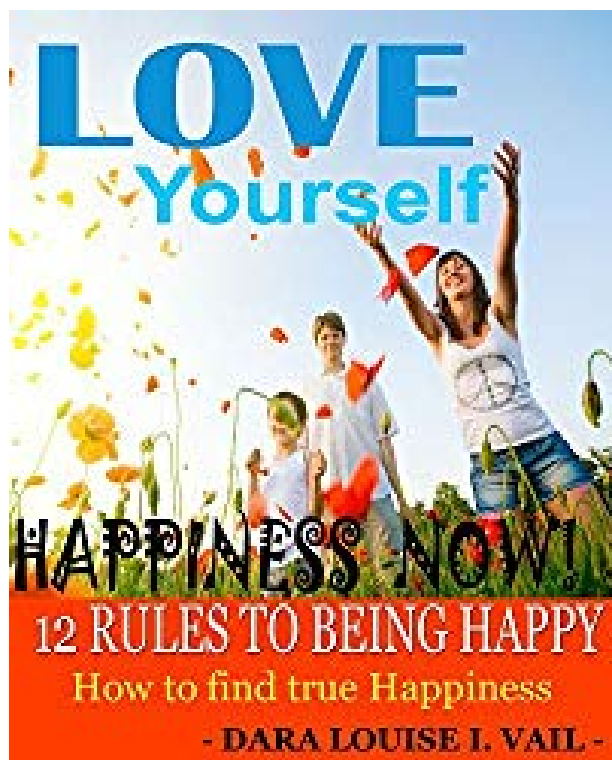


HAPPINESS NOW - 12 RULES TO BEING HAPPY: How to find true Happiness



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I was once a lost soul... A soul that wanders around the street without any life—a soul that doesn't know what a soul really means. A soul that doesn't know where it's going to go, a soul that doesn't know what its purpose is.

I was once a lost soul... A lost soul with no emotions. A lost soul without any fire. A lost soul without support to go through with life.

But it all changed as I decided to take on the journey of finding happiness. I braved the waters to change the things I hated with my life. I sailed the sea of uncertainty, and looked beyond the reefs to find the sunset I've been looking for so long. If you are in the same situation, then I am here to tell you that you are not alone.

You are not alone, and you are loved...

Come with me and discover the journey to finding happiness. The rules you should follow, and the rules that you should discover yourself. This goes out to everyone who needs a little light in their life. Happiness... A single word, but can bring different rush of emotions to someone. How many people, wants happiness? The rich and the poor? The young and the adults? The people who's about to turn into dust? Every one of us does, and I know you also want it. You can say you're happy temporarily. You can say you're happy over something you've achieved.

You can say you're happy with the money you've got. But how much, and to what extent can you truly say you've reached eternal happiness? HAPPINESS NOW - 12 RULES TO BEING HAPPY - How to find true Happiness, written by DARA LOUISE I. VAIL will take you by the hand and show you how to: Find "Happiness Now" The Happiness Trap and How to Avoid It Boost Your Happiness With the Happiness Journal Challenge Understanding the Happiness Advantage and Happiness Hypothesis By reading HAPPINESS NOW - 2 RULES TO BEING HAPPY - How to find true Happiness, you will learn to: [L]et yourself see the brighter side [O]ver-thinking: make it better [V]enture out to the unfamiliarity [E]njoy the life you have [Y]outhful at heart [O]bserve what brings you joy [U]nfriend negativity [R]econnect with yourself [S]top trying to look for Happiness [E]xpectations should be accepted [L]eave the past behind [F]ree your heart Follow this book to