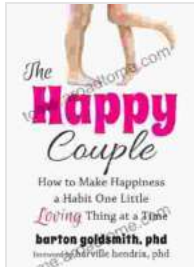


# How to Make Happiness a Habit: One Little Loving Thing at a Time



## The Happy Couple: How to Make Happiness a Habit One Little Loving Thing at a Time by Barton Goldsmith

★★★★☆ 4.2 out of 5

Language : English  
File size : 430 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 197 pages



Are you tired of feeling stressed, overwhelmed, and unhappy? Do you long for a life filled with joy, peace, and contentment? If so, then this book is for you.

*How to Make Happiness a Habit* will teach you how to create a life you love, one little loving thing at a time.

This book is filled with practical tips and exercises that will help you:

- Identify the things that make you happy
- Incorporate more of those things into your life
- Let go of the things that are holding you back
- Develop a positive mindset

- Build strong relationships
- Live a life of purpose

If you're ready to make a change in your life, then this book is for you. *How to Make Happiness a Habit* will show you how to create a life you love, one little loving thing at a time.

### **What Others Are Saying About *How to Make Happiness a Habit***

"This book is a must-read for anyone who wants to live a happier life. It's full of practical tips and exercises that will help you make happiness a habit." - **Oprah Winfrey**

"This book is a game-changer. It's helped me to identify the things that make me happy and to incorporate more of those things into my life. I'm so grateful for this book!" - **Tony Robbins**

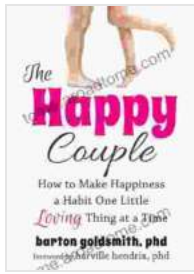
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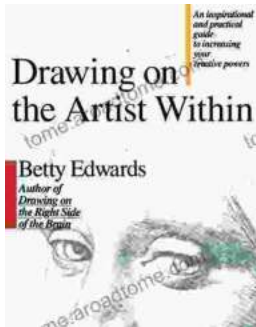
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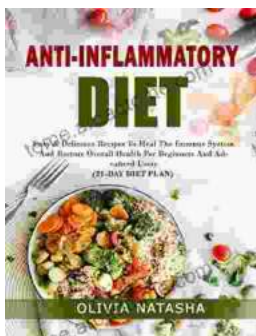
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