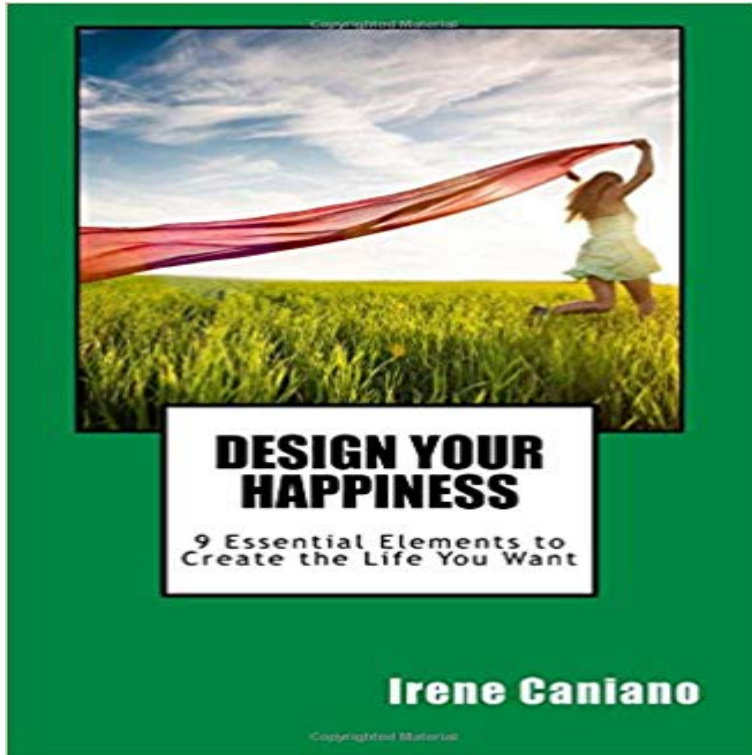


Design Your Happiness: 9 Essential Elements to Create the Life You Want



MAKE THE MOST OF YOUR 20s and 30s! As a Millennial, you face major decisions that will impact your long-term health, finances, relationships, and fulfillment. Like most young people, you have probably spent years preparing for a career. Now is the time to plan for your HAPPINESS! Design Your Happiness is different from other adulting books because it includes a practical method to create the life you envision. This book puts you center stage as you customize your life around nine essential elements. From this guide, you will: Get inspiration from the stories of others Create your life design, step by step Gain confidence to live the life you deserve Learn how to maintain healthy relationships Focus on getting what you need and want Discover the secrets of happiness Are you eager to increase the control you have over your life? Are you ready to make small changes that will reduce stress? Are you excited about creating a path to a better future? Then begin DESIGNING YOUR HAPPINESS!

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