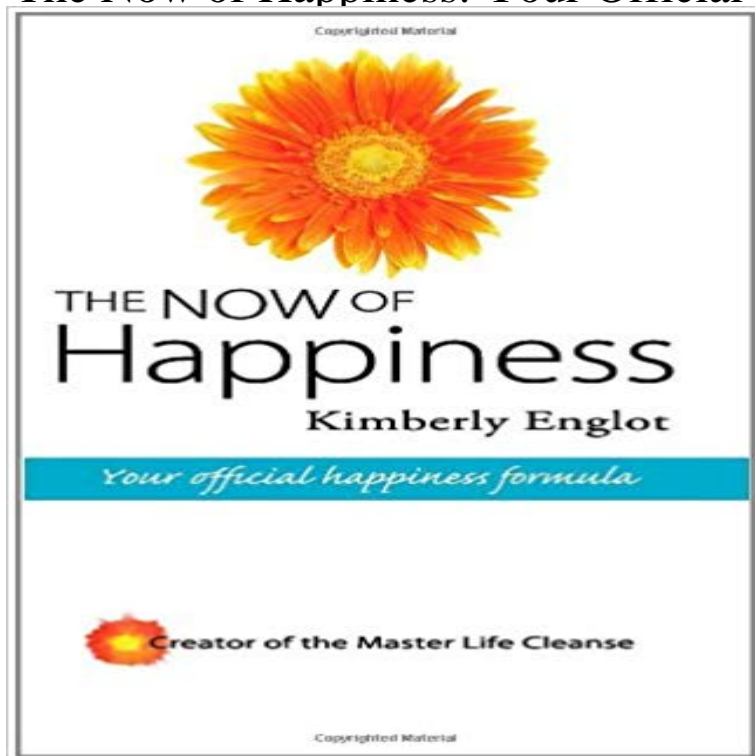


## The Now of Happiness: Your Official Happiness Formula



A thought-provoking and inspiring book that teaches individuals to identify and dump the things in life that are making them unhappy. This book is broken down into simple steps that anyone can complete and experience more happiness in their life no matter what the circumstances. Drawing upon thousands of hours of research and teaching, as well as her own experiences suffering from anxiety disorder and minor depression, the author shares how anyone can be happier starting right now.

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