



Happy This Year!: The Secret to Getting Happy Once and for All

Will Bowen

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A practical, yet inspirational work that proposes it's the inner world of our psyches that determines happiness, not outside forces. We have control over our own happiness and this powerful book offers concrete advice on how to tap into it and nourish it all year round. The author focuses explicitly on the positive ways we can establish a higher set-point in our thoughts, speech, and actions, resulting in greater sustainable levels of happiness. Regardless of what the year and your life may bring, we can become measurably and sustainably happier.

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