



The Happiness Handbook

Lorenzo S. Little

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The Happiness Handbook

Lorenzo S. Littles

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This Handbook demonstrates how to use your power of choice to create the happiness you want. A simple technique for defining your happiness; Visualization as a means of supporting your happiness; Effective methods for accomplishing any task from the very simple to the extremely complex; How to recognize and appreciate your happiness. It's easy to read with illustrations that comically demonstrate important points. The message is simple and clear: Happiness is available to all of us, it is our birth right. We need only claim it. Begin today to transform your life and create the happiness and peace of mind that is yours for the making.

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