



Happiness is a Choice: Ultimate Guide to Happiness to Stop Feeling Depressed, Hopeless, Lonely, Sad And Be Happy

Mark Hamman

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Happiness is a choice you always can make. Discover the Happiness route and apply it to your life

Today only, get this Amazon bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. “Happiness Is A Choice - The Ultimate Guide to Happiness to Stop Feeling Depressed, Hopeless, Lonely, Sad and Be Happy” aims to make you smile. Simple, isn't it? Simple as it is, the act of smiling tells a lot about you, how you feel and where you want to go. This book is written in a simple manner to make you realize how easy it is to choose happiness. More and more people choose to be sad instead. Yes, they went through a lot of wars and acquired many wounds. While they may have already healed, and they have already successfully mended what's been torn, how come that they are still unhappy? In this book, you will finally understand that you have to choose to be happy. As a corollary, it is also your choice if you want to remain sad. This book consists of four simple chapters that will teach you lessons in life. In the first chapter, it will be explained why happiness is a choice and not just a mere accident or consequence of a series of events. In this chapter, hopefully, you will choose to be happy any time of the day. In the second chapter, a full discussion is devoted to the strategies suggested by experts on how to overcome disappointment and sadness. It is not an easy task to do. In fact, simple tips and tricks will not help anyone achieve happiness. Serious efforts have to be taken to be truly happy. In the third chapter, readers are taught that desperation can be transformed into hopefulness. And what's more? You can serve as the bearer of the light to inspire others and bring them out of their darkest moments by being a blessing. Finally, in chapter four, it will be emphasized why you should embrace happiness. Since it is a choice, grab it. But first, you need to be convinced that you deserve it. Hopefully, you will enjoy reading this book. We wish you all the best in your life!

This book consists of four simple chapters that will teach you lessons in life.

- Why Happiness is a Choice
- Overcoming Disappointment and Sadness
- Transforming Desperation to Hopefulness
- Embracing Happiness
- Much, much more!

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