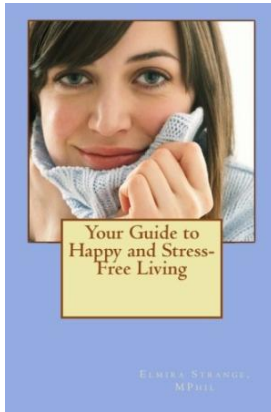


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YOUR GUIDE TO HAPPY AND STRESS-FREE LIVING



Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. Anna Kononenko (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In this excellent and straight-to-point guide, written by Research Psychologist and Life Coach, you will find out: 1) What the 7 main reasons for our unhappiness are, or why most people feel unhappy. 2) What the 10 most common irrational beliefs are. Change them at once here. 3) How to recognise your...

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