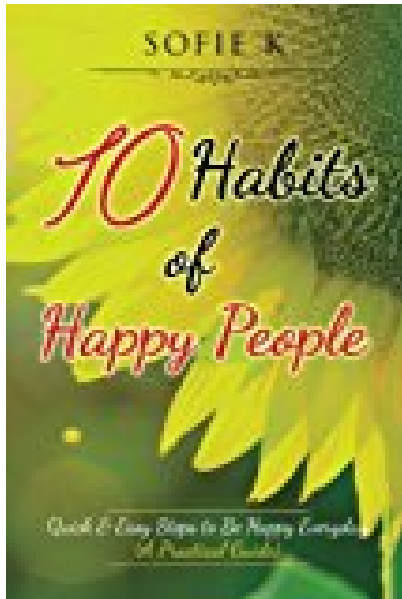


# 10 Habits of Happy People Quick & Easy Steps to Be Happy Everyday A Practical Guide

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## BOOK DETAILS

- Author : Sofie K
- Pages : 58 Pages
- Publisher : CreateSpace Independent Publishing Platform
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## **BOOK SYNOPSIS**

The author of Strong Fathers, Strong Daughters counsels mothers struggling with anxiety, low self-esteem and other common issues on how to embrace more positive habits, using inspirational stories and specific action plans based on living simply and rebalancing.

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