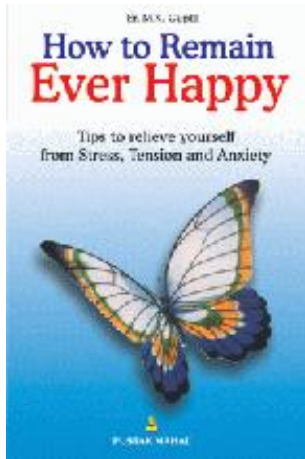




How To Remain Ever Happy



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Everyone wants to be happy all the time but only very few are able to sustain it for long.

To stay happy what you need is just to learn readjustment of your mental attitudes.

In order to readjust the mental attitudes you also need to develop your mental strength and will power.

This book contains easy but sure tips to develop your mental strength and will power with which you can sustain happiness for longer periods each day.

Some Glimpses:

- *Avoid the strain of impressing others
- *Learn to give up and let go
- *Go close to nature whenever you find an opportunity
- *Do not get into the mad race for money
- *Regulate your diet

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