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Reinvent Your Happiness: Five Steps To Your Best Self In 2017



**Five Steps
to
Your Best Self
in 2017**

BESTSELLING AUTHOR
CHUCK BOLTON



Synopsis

Happiness. It's a universal desire to seek a happy and successful life. Yet in today's crazy busy world, happiness and success seems more elusive. Despite technological advances, the rise of social media and increased connectivity, studies show an alarming trend - happiness levels are on the decline. We don't flourish when we're not happy. What can be done? There's good news. We can reinvent our happiness. New for 2017, Reinvent Your Happiness: Five Steps to Your Best Self in 2017, includes the refreshed content from the 2015 bestselling, five-star rated, The Reinvented Me: Five Steps to Happiness in a Crazy Busy World, along with the newly-released report, The State of Our Happiness in 2017. Also included is the template for your Happiness Reinvention Game Plan, inspiring happiness quotes and even more tips to increase your happiness in the key areas of life. Forty percent of your happiness is based on your voluntary actions - driven by your thoughts and behaviors. There are proven skills we can apply to dramatically increase our happiness levels. Within the book, you'll discover step-by-step what you can do to raise and sustain your happiness in 2017.

Book Information

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Customer Reviews

Reinvent Your Happiness: Five Steps to Your Best Self in 2017 by Chuck Bolton, is a wonderful book with very clear steps to finding the keys to a happy life. The information helped me reflect on my current happiness and how to apply many useful skills. I love the format of the book it provides concrete and easy-to-follow examples that never fail to spark my interest. I highly recommend it to anyone seeking a happier life!

This is an easy read and a great way to reinvigorate your life. There are some nice graphical tools you can easily use to understand how you currently spend your time versus how you should be spending your time if you really want to achieve your optimal happiness level. The ebook has great links to Soul Pancake videos that illustrate the principles of the book in creative and entertaining ways. I'd highly recommend it!

Excellent read.

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