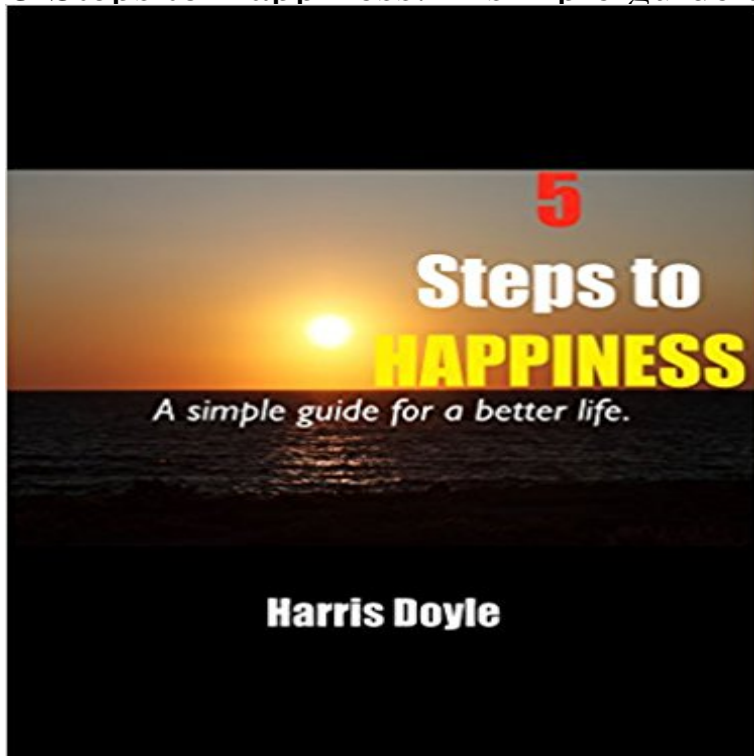


## 5 Steps to Happiness: A simple guide to a better life



We lead busy lives. We juggle a huge number of things each day, both physically and mentally. Therefore, it is not surprising we often feel the strain. There are all sorts of things we encounter each day that can have a negative impact on us and can reduce our happiness. However, it is how you look at things. Everything in your life can change for the better if you want it to change. This guide outlines the five easy steps to take to make you a happier person. They are steps that all of us can take; all it requires is a little mental effort and a willingness to try something different. Read it with an open mind and try a new approach. If this is too much for you to do, then you will never change and if you are unhappy, you will not change this state of mind unless you do something about it. This is your life - get in control of it.

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