



A Happy You: Your Ultimate Prescription for Happiness

Elizabeth Lombardo

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Wish you had more happiness in your life?

Imagine being less stressed and happier right now. Finally, you can make this dream a reality! Based on scientific research and real life stories, here is your ultimate prescription to a joyful, fulfilling life, and it is a lot easier than you might think. Get ready to transform your life.

- Quick steps to generate greater happiness despite challenges you may be facing
- Why finding positives in your life can not only improve your mood but also enhance your health, relationships, work, and even bank account
- Easy skills to boost your self-confidence
- Ways to better your relationships: with friends, family, co-workers, and even yourself
- Effective approaches to let go of regret and worry that prevents you from enjoying life

See why Shaquille O'Neal says "Dr. Lombardo is my head coach for happiness!"

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Matthew Waddell:

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Emil Townsend:

Often the book A Happy You: Your Ultimate Prescription for Happiness has a lot info on it. So when you check out this book you can get a lot of help. The book was authored by the very famous author. The author makes some research previous to write this book. This particular book very easy to read you can get the point easily after reading this book.

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