

G³L A²D

7 Principles for a Happier Life



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GLAD: 7 Principles for a Happier Life



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GLAD is more than a reserve about pleasure—it's a guide to living a fuller, even more meaningful and happier life! You'll find out why...• Having personal goals may be the foundation of joy • Expressing gratitude is stronger than you realize • Creating great karma will influence your life as well as others • Letting items go will make you healthier and happier • Having the right attitude can instantly change your life • "Performing as if" can transform how you think and behave • Determining to do something and carrying it out are completely different. Each GLAD principle supports each other to provide a template for living a life of purpose, joy, and meaning. Predicated on extensive analysis from books, content, and publications in the regions of pleasure and positive psychology, the writer selected seven key principles that impact joy and wrote GLAD—an innovative instruction to living a purposeful, integrated and happier lifestyle. YOU MAY BE HAPPIER—GLAD: 7 PRINCIPLES FOR A HAPPIER LIFE WILL HIGHLIGHT HOW.



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Definitely would recommend! I came across myself practicing all of the tips that the reserve had to provide, and smiling each and every time I actually finished another chapter. Inspiring Truly got so much out of GLAD's 7 principles.



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