



# **Being Happy on Purpose: A simple Guide to Being Happy on a Daily Basis (Happiness Now, Happy for no reason,)**

*Robert Herdman*

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## **Discover how to become happier on a daily basis**

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You're about to discover how...

Being happy on a daily basis is easier than you think and can be achieved by simply re-programming your mind to develop a happier, more contented lifestyle irrespective of what you have in your life. Happiness is not something that is pursued but is the basis of who we are. As human being we all have the ability to lead a happier more fulfilled life and when you learn to become happier on a daily basis for no reason at all then you have the advantage of seeing things from a different perspective and making better decisions as to how your life can progress.

All of us ultimately want to be happy but for most people we use happiness as a carrot that will be achieved when we reach a goal, find a better relationship, achieve financial success, only to find that someone else always comes up to chase in the pursuit of happiness, therefore we move further away from the happiness we desire. I believe that happiness is a choice and we can choose to be happy right now instead of putting it off any longer.

This book will help you make that mental shift and show you how to follow a few simple rituals on a daily basis that can change the way you feel right from the offset and help you take back control of your happiness quickly and easily.

## **Here Is A Preview Of What You'll Learn...**

- Why most people are not happy
- How to re-program your mind to become happier on a daily basis
- How a few simple steps daily can change your life
- how daily rituals are the key to happiness
- How to make happiness a habit
- Much, much more!

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