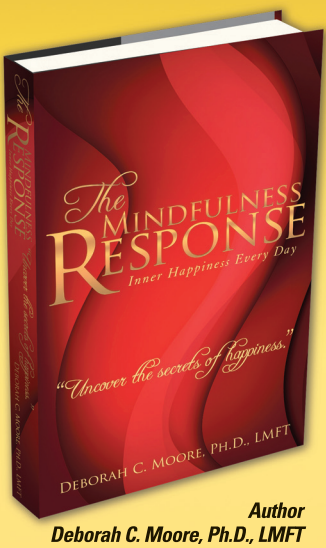
Want to be happy despite what life throws your way?



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Learn the secrets of true happiness by changing the way you see the glass – half full, half empty or ... simply as a glass.

The Mindfulness Response:
Inner Happiness Every Day

Learn the tools that you'll need to live a life that's both enriching and meaningful. This exciting technique can be learned easily to help deal with everyday problems as well as the inevitable major issues of life.

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