



Happy for No Reason: 7 Steps to Being Happy from the Inside Out

Marci Shimoff

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Happy for No Reason: 7 Steps to Being Happy from the Inside Out Marci Shimoff
A BREAKTHROUGH APPROACH TO HAPPINESS

What would it take to make you happy? A fulfilling career, a big bank account, or the perfect mate? What if it didn't take anything to make you happy? What if you could experience happiness from the inside out—no matter what's going on in your life?

In *Happy for No Reason: 7 Steps to Being Happy from the Inside Out*, transformational expert Marci Shimoff offers a breakthrough approach to being happy. Incorporating the latest findings in positive psychology, powerful tools and techniques, and moving real-life stories, this life-changing 7-step program will raise your "happiness set-point." You don't have to have happy genes, win the lottery, or lose twenty pounds. This book will enable you to experience more unconditional happiness in your life—starting today!

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