



# **How to Find Happiness: 8 Scientifically Proven Ways to Live a Happier Life (How To Be Happy Book)**

*Simon Foster*

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**How to Find Happiness - 8 Scientifically Proven Ways to Live a Happier Life**

Undoubtedly we as humans have varied goals that we pursue, but you would certainly agree that there is an almost universal underlying goal for all of us and that is **“the goal to be happy.”**

Those who spend a lot of time making money generally do so because they believe that the money itself will make them happy, or will guard them against things that will make them unhappy.

Happiness is a state of mind. It is a pleasant emotion made of love, inner peace, joy, contentment and fulfillment. **How happy can we be?** depends on how we choose to act and think.

By reading this book you will **benefit from a scientifically proven approach** to be happy. These are **simple but powerful techniques** that you can start applying today.

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