



## Handbook to a Happier Life: A Simple Guide to Creating the Life You've Always Wanted

Jim Donovan

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### Handbook to a Happier Life: A Simple Guide to Creating the Life You've Always Wanted Jim Donovan

When Jim Donovan's successful career in video and broadcast television led to a personal meltdown, he went through rehab, pulled himself up from the bottom, and started his life over. He then began giving seminars on "how to change your life" based on the simple, yet effective, ideas that had worked for him in recovery. From these seminars evolved the stories and advice in this book.

Don't make big changes, Donovan suggests; just start slowly and move bit-by-bit toward your goal. In addition to goal setting and goal keeping, Donovan discusses writing personal affirmations that work, cultivating gratitude, disciplining the mind, and helping others to achieve their dreams.

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The reason? Because this Handbook to a Happier Life: A Simple Guide to Creating the Life You've Always Wanted is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will distress you with the secret the item inside. Reading this book close to it was fantastic author who else write the book in such amazing way makes the content inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of gains than the other book have such as help improving your expertise and your critical thinking method. So , still want to postpone having that book? If I have been you I will go to the e-book store hurriedly.

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