



Secrets to Love Life & Be Happy

Alex A. Luch

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Everyone deserves to be happy and live life to the fullest. However, millions of people struggle with loneliness, sadness, anxiety, and depression every day. Secrets to Enjoy Life and Be Happy shows readers that anyone can achieve true happiness by making just quick, simple changes to their perspective, attitude, and lifestyle. Secrets to Enjoy Life and Be Happy provides 100 practical, valuable secrets that readers can apply to start them on the road to true happiness. Additionally, 100 journal pages, complete with short questions and exercises, help you make the most of the each secret.

This book gives readers secrets on topics such as accepting themselves, enriching their friendships, getting healthy, finding new interests, overcoming fears, and building confidence. No matter their age, faith, or financial and relationship status, readers will find ideas that they can apply immediately to enjoy life in ways they never thought possible. And all readers will enjoy the chance to reflect and comment on their experiences using the journal pages.

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