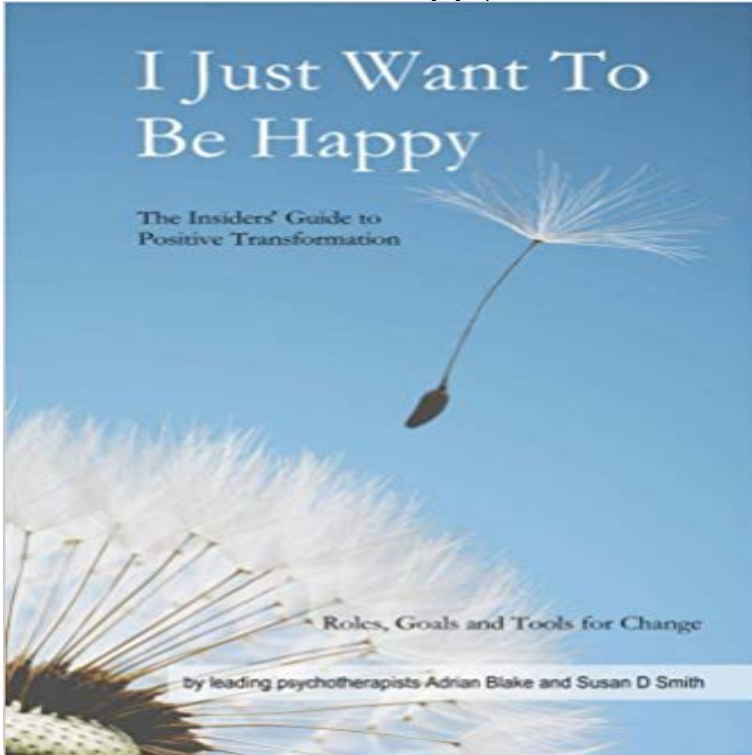


I Just Want To Be Happy: The Insiders Guide to Positive Transformation



In this motivating book, Susan D Smith and Adrian Blake show you how to: Understand your psychological programming Identify your behavioural patterns, to avoid repeating the same old mistakes Make positive changes using time tested, proven techniques Take responsibility for your own happiness Full of exercises and practical information, this book will help you take a huge step forward in your personal journey towards HAPPINESS and self -discovery. By using the tools and techniques for change, you can free yourself from the past, develop an inner sense of calm and control, and increase your self-confidence.

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