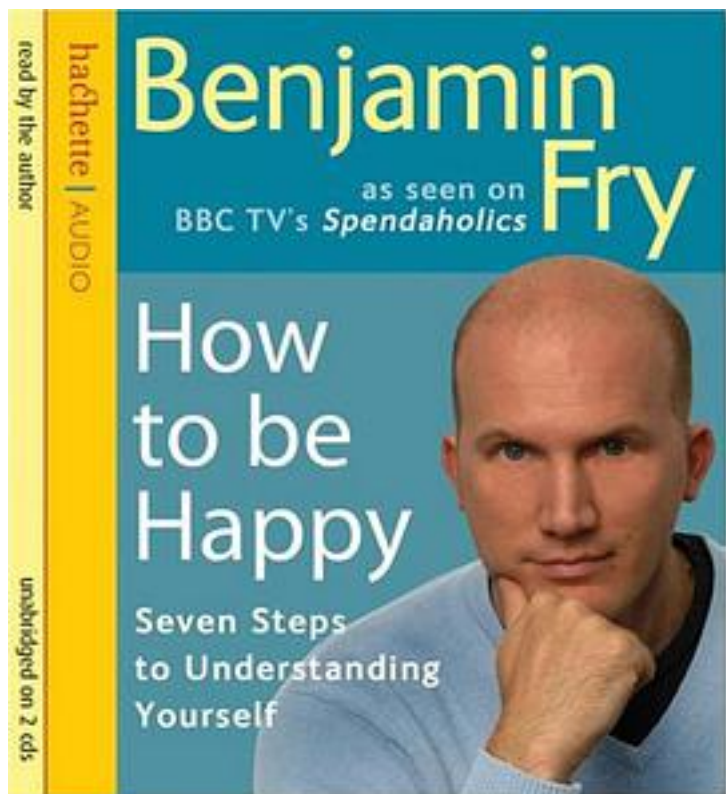


# How to Be Happy



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著者:Benjamin Fry

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Does your life seem to have all the right ingredients yet you find your goals are still out of reach? Do you find yourself involved in the same emotional situations again and again? In *How to be Happy*, Benjamin Fry guides you through his seven-step programme which will help you to improve your life: by learning to understand yourself, you can achieve the happiness you deserve. Based on an exclusive live seminar presented here for the first time as an audiobook, Benjamin interlaces his techniques with his own stories and experiences that show how he has developed his

methods. Demonstrating how his theories work in practice, Benjamin introduces you to the simple ideas that you too can use to achieve the happiness you have always hoped for.

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