



# **How To Find Happiness: 4 Simple Steps To Live A Life You Love (how to find fulfilling work, how to find your passion, how to find your purpose in life, how to be happy, happiness, happy)**

*Martin Formato*

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## **Discover How To Find Happiness**

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**Today only, get this amazing kindle book for just \$4.99. Regularly priced at \$9.99. Read on your PC, Mac, smart phone, tablet or Kindle device.**

You are about to find YOUR HAPPINESS.

This book is about the most important person in the world, YOU.

Millions of people around the world are unhappy. They realize the problem, but have been unable to find the solution.

The truth is, if you are unhappy it is because you do not know the secret to a happy life.

This book goes into a step-by-step process that will help you free yourself from this pain and start creating a life you love.

This is not a “get happy quick” trick. It is a proven process that will allow you to find out who you really are, why you are here and finally create a life you love.

It is a step-by-step guide to creating the life you were meant to have and creating the best YOU.

People generally have problems in one of these four areas: - Health, Relationships, Finance and Self Image/Identity. This book contains over 50 pages on coaching techniques which you can use on yourself to address these problems.

## **Here Is A Preview Of What You Will Learn...**

- My Story
- The Beginning And The End
- How To Create A Life You Love

- Who You Are Today
- What Makes You Happy
- The 6 Core Human Needs
- Your Values
- What's Your Passion
- Your Personal Vision Statement
- How To Plan To Live Passionately
- The 10 Reasons Why You Must Set Goals
- The Guidelines To Goal Setting
- Time Vs Area Bound Goals
- How To Prioritize Your Goals
- How To Make Your Goals SMARTER
- Your Life Plan On A Page
- How To Live Passionately
- The 14 Reasons Why People Don't Achieve Their Goals
- Motivation and Focus
- How To Coach Yourself To Success
- The Meaning Of Life
- What is Success
- The Morning Success Ritual
- Pain And Pleasure
- How To Deal With Change
- Stress Reduction Techniques
- How To Change Negative Self Talk or Self Limiting Beliefs
- How To Improve Your Relationships
- How To Deal With A Problem
- Various Coaching Techniques
- And Much, much more!

Take action now to find your happiness by downloading this book for a limited time discount of only \$4.99!

I'm so confident that this book is going to help you that I'm going to give you a 100% Honest, 60-day Money-back Guarantee!

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## **Check Out What Others Are Saying...**

**One of the most helpful books I've read.** By Richard

Martin takes you by the hand and shows you how to create a life you love (an authentic life) based on who you are (your core values). He teaches you how your thoughts affect your emotions and behaviour. One of my favourite parts is the morning and evening success rituals. The bottom line is that each of us has the power to change our lives and make a difference. After reading this book, I feel inspired and excited about my future. I would strongly recommend this book, no matter where you are in life, because it can help you achieve and experience more.

**Wow! This book turned on a light bulb in my head.** By Allie

This book is like no other. This book taught me that success is not a position of wealth, fame or power. Success is simply feeling good about yourself. If you are happy, then you are successful. Wow! This turned on a light bulb in my head. Also I learnt the best way to feel good, which this book shows you how, is to find your passion, develop it and give it to the world. Go ahead give this book a go.

Tags: change your life, soul purpose, stuck, my purpose, fulfilled life, why am i here, how to find your passion, how to find your purpose, how to find happiness, how to find fulfilling work,

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### **From reader reviews:**

#### **Jerry Hernandez:**

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#### **Cindy Martin:**

What do you with regards to book? It is not important along with you? Or just adding material when you really need something to explain what your own problem? How about your extra time? Or are you busy person? If you don't have spare time to complete others business, it is make one feel bored faster. And you have spare time? What did you do? Everybody has many questions above. The doctor has to answer that question since just their can do that will. It said that about reserve. Book is familiar in each person. Yes, it is right. Because start from on jardín de infancia until university need this particular How To Find Happiness: 4 Simple Steps To Live A Life You Love (how to find fulfilling work, how to find your passion, how to find your purpose in life, how to be happy, happiness, happy) to read.

#### **Herbert Haubrich:**

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#### **Julie Kappel:**

Is it anyone who having spare time then spend it whole day by simply watching television programs or just lying down on the bed? Do you need something totally new? This How To Find Happiness: 4 Simple Steps To Live A Life You Love (how to find fulfilling work, how to find your passion, how to find your purpose in life, how to be happy, happiness, happy) can be the reply, oh how comes? It's a book you know. You are therefore out of date, spending your spare time by reading in this brand-new era is common not a geek

activity. So what these books have than the others?

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