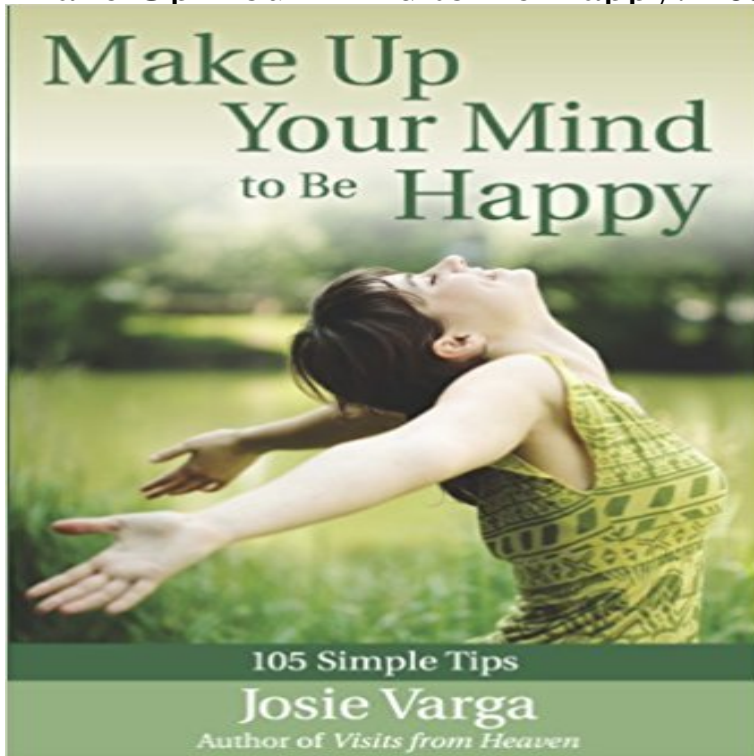


Make Up Your Mind to Be Happy: 105 Simple Tips



Varga, a journalist and motivational speaker, has found the secret to staying positive and happy. In her latest title, you'll learn: What you need to do to be happy right NOW How to be optimistic about the future The importance of humor How to focus on your positive traits And take a happiness test and see where you score. With 105 tips in total along with philosophy from some of the greatest thinkers of all time Varga's advice will leave you with a smile on your face.

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