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The Happiness Code & The Kindness Pact (Audio Book)

By Bertolucci, Domonique

Bolinda Publishing Pty Ltd, 2015. Book Condition: New. Unabridged. 15 x 13 cm. The Happiness Code Have you ever wondered why happiness comes so easily to some people? Do you want to know how you can make sure it comes easily to you? Domonique Bertolucci believes that happiness begins with a choice, and enduring happiness is not a result of the things you've done, but the person you've chosen to be. The Happiness Code will teach you to take charge of your life and be happy with who you are. The Kindness PactThe Kindness Pact outlines eight promises that will show you how to be as kind to yourself as you are to the other important people in your life. When you keep the pact, you will build your confidence, nurture your self-esteem and have more energy to do what you want to do and be who you want to be. From the best-selling author of The Happiness Code comes the answer to feeling good about who you are and the life you live. This Is An Audio Book. Duration: 420. Reader: Bertolucci, Domonique. Number of pieces: 6. CD-Audio CD standard audio format CD-Audio CD standard audio format.



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