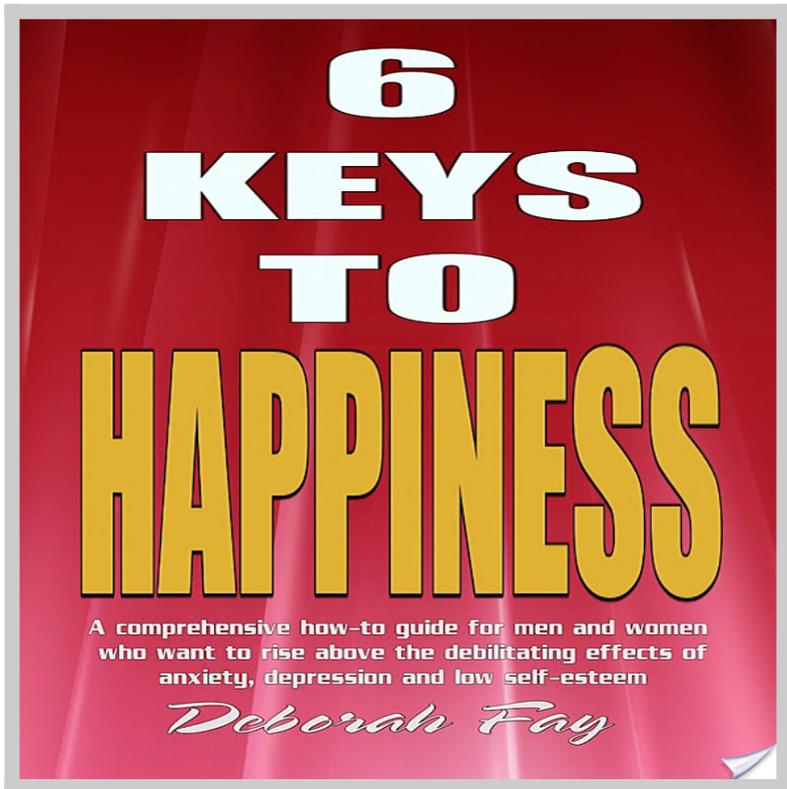


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# 6 Keys To Happiness Book Preview

6 Keys to Happiness is for men and women who suffer, or know someone who is suffering from the debilitating effects of anxiety, depression or low self-esteem. It is a comprehensive how-to guide for creating a happy, emotionally resilient life with the same balance of learning and doing that I use every day in my counselling and coaching practice. I know that understanding and implementing these 6 keys will make a difference to the way in which you experience your life, and that you will be happier for it, because I have seen the difference it makes to my clients day after day. Whether it is for yourself or for a partner, a parent, a child, a friend or a colleague who is suffering, how much better would life be if you had a better understanding of what the core values of true happiness were, and you had a blueprint for implementing that understanding into your life or into the life of someone you love? This is what the 6 Keys to Happiness can do for you.

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