



21 Ways of Being Happy

Shama Patel

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Happiness is a state of mind. Yes, it is. It is not a condition or situation that is presented to some and kept away from others. It is in our own hands to overcome guilt, self pity, regret and anxiety to lead a fulfilling, happy life. Shama Patel, a professional psychologist, enlists the ways and tricks to stay happy, forever.

21 Ways of Being Happy is written with the aim of bringing you closer to yourself. It is a book that will help you charter the course of your life, your own way.

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