



# Happiness: The Secret Art of Happiness. Learn How to Be True To Yourself

*Karen Shields*

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# Happiness: The Secret Art of Happiness. Learn How to Be True To Yourself

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**Happiness: The Secret Art of Happiness. Learn How to Be True To Yourself** Karen Shields

**Learn how be happy, enjoy life and appreciate everything it has to offer the good and the bad.**

When we feel happy, it's like the easiest emotion in the world. We feel light-hearted, relaxed and amazing. But when we're not, it seems like the most daunting task to ever find it again. Why is it so difficult to find happiness? Or could happiness just be around the corner and we've just not been appreciative enough?

*Happiness may be a very simple topic but let me let you in to the secrets of happiness. Learn the aspects surrounding it, better understand these concepts and you will surely reach that level of life appreciation that you need. Get ready to be the happiest that you have ever been.*

Tags: Negative, life, power, Happiness, Mindfulness, secret, Live

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