

# HOW TO BE HAPPIER

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Healthy Habits

**2**

Change Your  
Mindset

**3**

Give Your Life  
Meaning

**5**

Cherish the  
Simple Things

**4**

Build  
Relationships

Discover the keys to happiness  
at Partners in Fire

# Be Happy Now 7 Minutes To A Happier You

**RJ Shavelson**



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