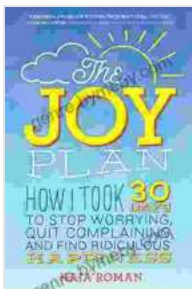


How Took 30 Days To Stop Worrying Quit Complaining And Find Ridiculous Happiness

Are you tired of worrying and complaining? Do you feel like you're always stressed out and unhappy? If so, then this book is for you.

In this book, you will learn how to stop worrying and find happiness in just 30 days. You will learn how to identify the things that are causing you to worry, and how to develop coping mechanisms to deal with them. You will also learn how to practice gratitude and positive thinking, and how to create a more positive and fulfilling life for yourself.



The Joy Plan: How I Took 30 Days to Stop Worrying, Quit Complaining, and Find Ridiculous Happiness

by Kaia Roman

★★★★☆ 4.3 out of 5

Language : English
File size : 1314 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 322 pages



This book is based on the author's own experience. The author was once a chronic worrier and complainer. But after 30 days of following the principles in this book, he was able to overcome his worries and find happiness.

The author knows that you can do it too. With the help of this book, you can stop worrying and find happiness in just 30 days.

What You Will Learn In This Book

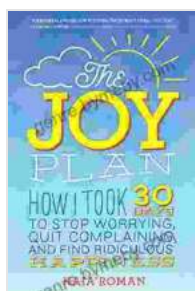
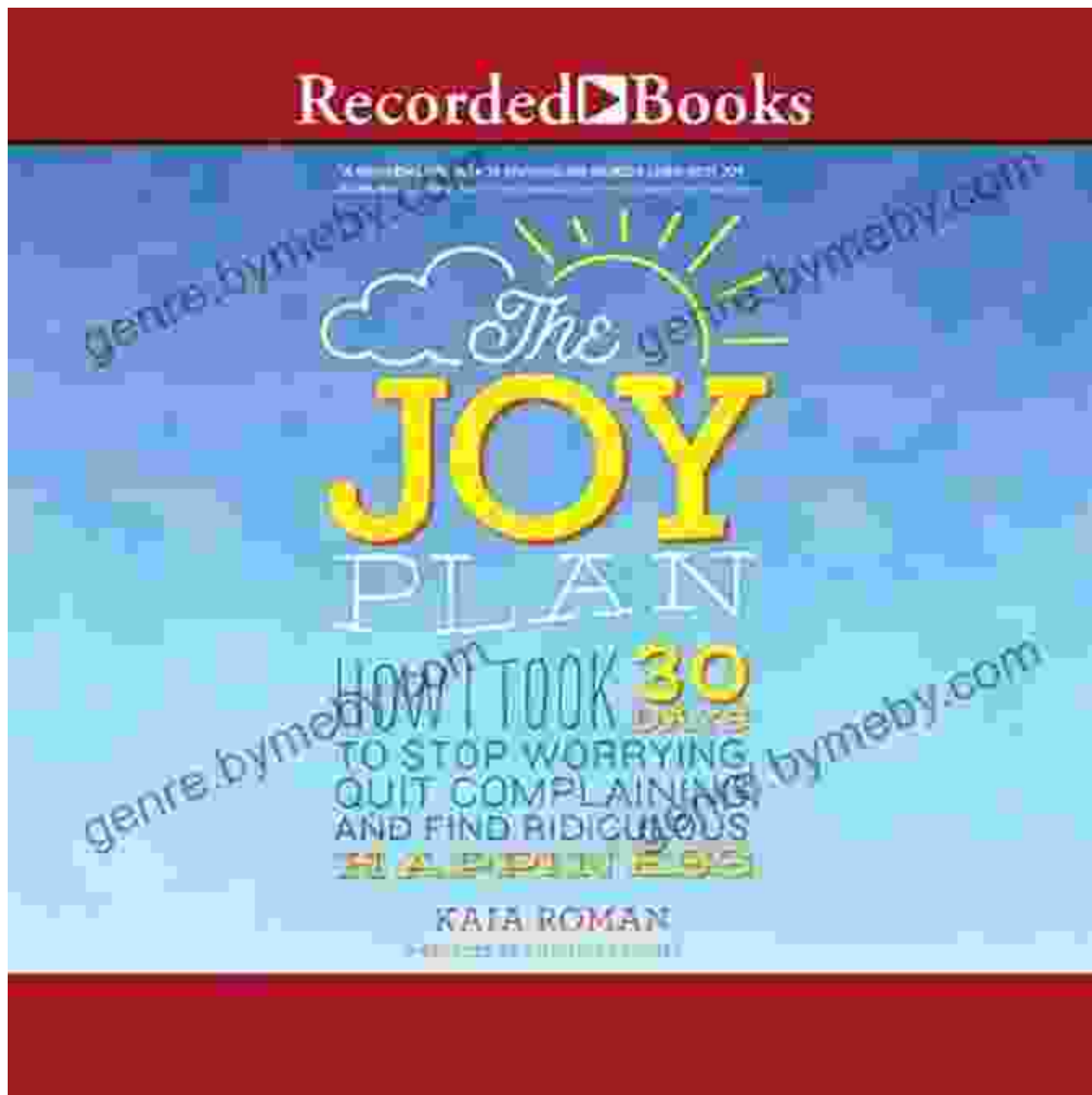
- How to identify the things that are causing you to worry
- How to develop coping mechanisms to deal with your worries
- How to practice gratitude and positive thinking
- How to create a more positive and fulfilling life for yourself

About The Author

The author is a certified life coach and happiness expert. He has helped thousands of people overcome their worries and find happiness. He is passionate about helping others achieve their full potential and live a happy and fulfilling life.

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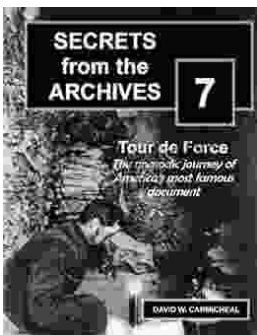
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