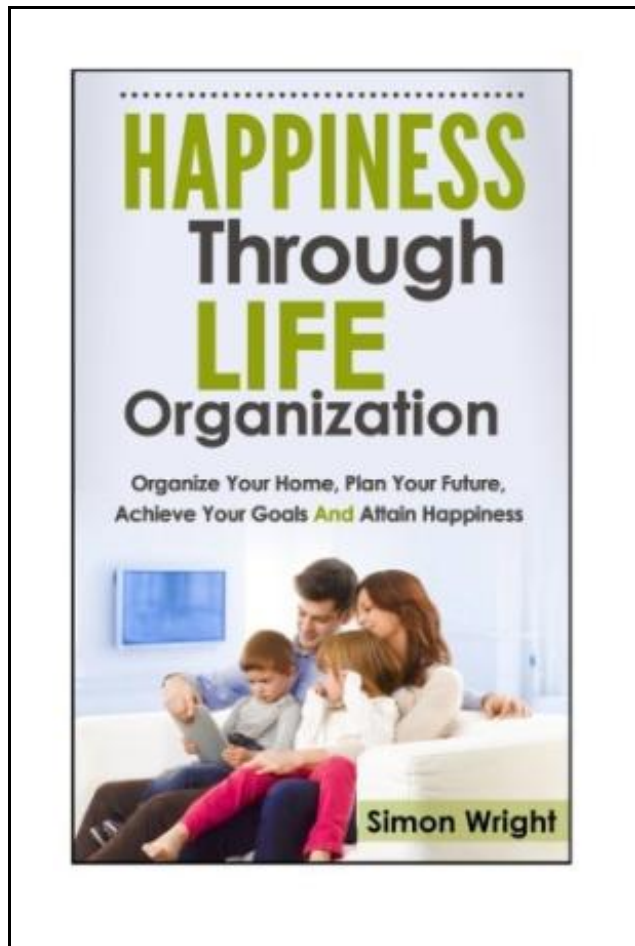


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(Ariane Rau)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Success and happiness do not just happen. They are products of hard work and conscious effort. According to many psychologists and mental health experts, happiness is a choice, and there are many ways to be happy. You can eliminate negative emotions such as jealousy, anger, pessimism and resentment, in addition to cultivating positive emotions like gratitude, serenity, compassion and empathy. However, to achieve happiness, optimum productivity and success, you also need to organize your life. One of the most important keys to happiness, success and consistency is to keep yourself organized. This principle applies to every aspect of your life from your home to your goals, your activities to your time, and your relationships to your finances. Most people have developed bad habits over time that eventually lead to a disorganized life. When you suffer from a disorganized life, your life becomes more stressful and toxic, and you start feeling unhappy. A disorganized life can also have negative effects on your mental health. In fact, a disorganized life may be a symptom of something serious like depression or an anxiety disorder. You may also be depriving yourself of happiness and success by allowing disorder to take over. A cluttered life affects how other people perceive you, how well you perform at work, and even the way you eat. This book will help you create a happier and more fulfilling life by organizing all of life's important components. You can use this book to help organize your home and workspace, identify your goals, and manage your tasks. This book can also help you organize your financial life and create more fulfilling relationships. Take control of your life with...



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