



How To Be Happy-A Personal Happiness Project- Learn How To Be Happy Alone Or Single. Tips On How To Be Happy No Matter What.

Sophie James

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Sophie James is not a psychologist or psychiatrist. She is an "everyday woman" who has lived a life full of ups and downs and understands the elements of happiness.

Sophie believes that everyone should be happy and if they aren't then there are things each person can do to have happiness in their lives.

This book is a good read for adults or older children who find themselves searching for help in their desire for happiness. You will find it here.

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