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Guide To

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**...**  
**Happiness does**  
**not come**

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**automatically.**

**It is not a  
gift that good  
fortune**

**bestows upon**

**us and a**

**reversal of**

**fortune takes**

**back. It**

**depends on us**

**alone. One**

**does not**

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**become happy  
overnight, but  
with patient  
labor, day  
after day.  
Happiness is  
constructed,  
and that  
requires  
effort and  
time.**

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developing  
life's most  
important  
skill is a  
fine**

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**lessons learnt  
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**It is truly  
the soul-**

**searcher's**

**guide to**

**finding and**

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With its  
revelatory  
lessons and  
exercises,**

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**Happiness is  
an eloquent  
and  
stimulating  
guide to a  
happier life.**

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molecular  
biologist  
turned  
Buddhist monk,**

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**described by  
scientists as  
"the happiest  
man alive,"  
demonstrates  
how to develop  
the inner  
conditions for  
true  
happiness.**



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**With its**

**revelatory**

**lessons and**

**exercises,**

**Happiness is**

**an eloquent**

**and**

**and**

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**stimulating  
guide to a  
happier life.**

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**Happiness: A  
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Developing  
Life's Most  
Important ...  
It depends on  
us alone. One**

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**does not  
become happy  
overnight, but  
with patient  
labor, day  
after day.  
Happiness is  
constructed,  
and that  
requires  
effort and  
time. In order**

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**to become  
happy, we have  
to learn how  
to change  
ourselves.**

**LUCA AND  
FRANCESCO CAVA  
LLI-SFORZA” –**

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**Ricard,**

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**national  
happiness,  
based on  
respondent  
ratings of  
their own  
lives, which  
the report  
also  
correlates  
with various  
(quality of)**

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**life factors.  
As of March  
2020, Finland  
was ranked the  
happiest  
country in the  
world three  
times in a  
row.**

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**World**

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**lowest-priced  
brand-new,  
unused,  
unopened,  
undamaged item  
in its  
original  
packaging  
(where  
packaging is  
applicable).**