



Happiness at Your Fingertips: 63 Tips to Become a Happier Person

Nate Nicholson

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Happiness Is at Your Fingertips

“Happiness at Your Fingertips: 63 Tips to Become a Happier Person” is a bundle of three books about happiness. By buying the bundle you save over 50%.

Happiness is a state of mind. You either discover it in you, or you keep chasing it and never catch it.

How do you discover happiness in yourself? The answer is: by developing positive habits, instilling positive beliefs in yourself and replacing your default negative behaviors with positive ones.

Happiness at Your Fingertips: 63 Tips to Become a Happier Person will help you develop new habits, beliefs and behaviors in your life that will increase your baseline happiness so that you can feel happier all the time, not just for a short while.

Who Else Wants to Become Happier and More Positive?

You too can increase your happiness and enjoy your life more. Happiness is nothing more than a state of mind built on smart habits, beliefs and behaviors.

Here are just some of the things you will learn from the book:

- one habit to start your day on a positive note (the most important happiness habit)
- how to see positives in a negative situation (you can turn any situation into a useful lesson)
- why you shouldn't focus on not having enough
- how becoming a 90-year old person for a while can help you enjoy the little things in life
- why spending one day focusing on someone else can make you happy
- why generosity will make you happier
- how an Italian economist can help you find balance in your life
- what *ikigai* is and why you need one
- the most important lesson from the happiest person in the world
- how to let go of your negative thoughts
- the happy habit most people practice the least (you probably too) and how to practice it
- what a *moai* is and why you need to maintain one
- how to stop taking things for granted (hint: discomfort can teach you how to appreciate the little things)
- how to deal with negative people (it's one of the most important skills you should possess to be happy)
- why everything that other people say is just their opinion (so you shouldn't take it personally and get angry)
- why you shouldn't try to fix the world
- why having the control in your life is extremely important to your happiness
- why complaining poisons your mind and how to stop complaining
- how to put an end to worrying (a simple 4-step process to stop worrying)

- how to stop surrounding yourself with negativity (hint: go on an information diet)
- why you shouldn't cling to relationships that no longer serve you
- how to stop caring what other people think of you
- why possessions won't make you happy (and how to buy happiness)
- why and how to de-clutter your home to feel happier
- why and how to stop being busy (put an end to three harmful behaviors)
- one extremely important skill to simplify your life
- why being honest all the time is necessary to happiness
- the proper attitude to deal with problems in life
- why you should have a vision of your life
- how other people affect your reality and why you should stop listening to them
- why you shouldn't compare yourself to other people and what to do instead

Do You Want to Become More Positive?

Everyone can become a more positive and happier person.

I wrote the book based on my own experiences. I once was a hardcore pessimist. Now I can proudly call myself an optimist and a happy person.

Would you like to overcome your negative thoughts and look at the world from a more positive point of view? If so, this book is for you.

P.S. As a thank you for buying the book you will receive three free gifts that will help you become a happier person.

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