

# First Create Happiness and the Rest Will Follow

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## Synopsis

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**True happiness begins within and is available to anyone, including you!**

*First Create Happiness and the Rest Will Follow* blends the research of positive psychology, the science of quantum physics, and the spirituality of the law of attraction to produce a practical guide to lasting happiness. Learn how to replace your negative bias with a positive outlook - no matter the situation - and transform your energetic signature to attract the life you've always wanted.

This life-changing book provides a road map for anyone who is ready to take the first step on their journey to joy, positivity, and well-being that will last a lifetime. All you need to do is to be willing to change your thoughts and commit to the three stages of finding happiness outlined in this book: shift, savor, and share. Shift means decreasing negativity. Savor means increasing positivity. Share means spreading the goodness through gratitude and kindness.

It's time. You can do this because the magic is within you.

## Reader's comments

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