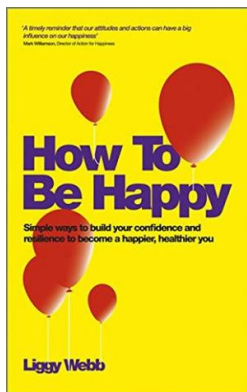


How to be Happy: How Developing Your Confidence, Resilience, Appreciation and Communication Can Lead to a Happier, Healthier You



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