

How To Live Well And Spend Less: Understanding how to use your time and money to bring you real and lasting happiness (Being happy in todays world Book 1)

John Olsen



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Understand how to be truly happy and spend less money

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Unfortunately our society and western culture tells us that happiness comes from buying things and spending money. We are constantly bombarded with advertisements that tell us that if we just buy this or that we will be as happy as the people in the advertisement. This book will show you that your true happiness does not come from spending a lot of money.

This book is aimed at helping regular people who have realized that spending money and buying things only brings a shallow and short lived joy. The book will guide you in a different direction and show you other and better ways to be happy and experience joy without being fanatic about it.

- Here Is A Preview Of What You'll Learn ...
 - \circ How spending less makes you happier
 - How to spend money on real happiness triggers
 - \circ Psychological mistake people make when spending their hard earned money
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 - How to buy happiness
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