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in all facets of your life. Instead of making huge goals for yourself, make them shorter and easier to accomplish. For instance, if you want to lose weight, do not look at a huge amount of weight you may need to lose. Set your goal for losing only 10 lbs. Fri, 30 Apr 1999 23:56:00 GMT 4 Ways to Keep Yourself Happy - wikiHow - How to make yourself miserable Being miserable is an art form. There are many ways of achieving it. A few sure-fire ways are below. 1.Wait for the situation to be right before having a good time. Wed, 13 Feb 2019 03:34:00 GMT how to be happymiserable - andrewfuller.com.au - How to Make Yourself Happy and Remarkably Less Disturbable has 104 ratings and 5 reviews. Heidi said: The Rational Emotive Behavior Therapy seems like it... Fri, 26 Oct 2018 11:21:00 GMT How to Make Yourself Happy and Remarkably Less Disturbable ... - have control is the present moment. So be happy now! Because if not now, then when? Tip 21 â€“ an EXTRA tip to make you happy! Make happiness an integral part of your life. Develop happiness routines and make them a part of your every day living. Remind yourself however you can to do what you need to do and reward yourself as Sun, 27 Jan 2019 07:50:00 GMT 20 simple tips to be happy now

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â€”VIDA. Make Yourself Happy â€“ Coffee House Press - If you want to have infinite happiness, infinite bliss, then minimise your desires, from more and more to less and less and finally to zero! Make peace with yourself. â€œMy Lord, whatever you have given me and you continue giving me in the future, I am happy.â€• Does that mean you should not have an iPhone? You think about it. Self Being |Self Spiritual | Heartfulness Magazine -

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