



**Who else wants to feel happy?: In 90 minutes you
could observe three habits to take care of your
body and be happier**

Tamen Lux

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Who else wants to feel happy?

In 90 minutes you could observe three habits to take care of your body and be happier. If you don't buy this book nothing is going to happen but if you do, maybe could acquire beneficial habits which are explained in a practical way.

Do you recognize some habits useful for your mental and emotional health, easy to accomplish and connected with your own body? The author shares some ideas and experiences related to happiness.

In this little book it is not mentioned any technique for more money or how to become more popular, nor a way to avoid running into criticism from people but describes the relationship between happiness and your body in any life situation.

The actions suggested are simple and achievable with little effort, most people can practice them. The proper body movement, good breathing and proper nutrition come in harmony with peace feelings and compassion toward oneself and to others; fears, anger and perfectionism will acquire a tame and harmless dimension.

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