



Cuaderno Practico Para Vivir Felices (Cuadernos Practicos)

Marie-Helene Laugier

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Cuaderno Practico Para Vivir Felices (Cuadernos Practicos) Marie-Helene Laugier

The attractive manuals in this series set themselves apart with their accessibility; readers needn't have any prior knowledge or experience to take advantage of the advice and exercises doled out in the books. These guides are an ideal resource for readers looking to give their day-to-day routine a jump start and improve their quality of life.

The advice and exercises in this book are intended to show readers that happiness is all around them at every moment--they just have to have the appropriate outlook to find it.

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64 pages

About the Author

Marie-Helene Laugier is an expert in human behavior. Vivilablonde is an artist and illustrator.

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