



# **Happiness Your 7 Mind Powers: How to realize your inner power, believe it, accept it, take ownership and use it to achieve happiness.**

*Paola Lujan*

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# Happiness Your 7 Mind Powers: How to realize your inner power, believe it, accept it, take ownership and use it to achieve happiness.

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If you are looking for a book that can help you to make a change for 2015, this is the book! HAPPINESS, YOUR 7 MIND POWERS is the guide you have been searching for to turn it all toward success, joy, and personal freedom.

This is the first book of the series Happiness, written by Paola Lujan.

The book is the result of her tireless search for how to mitigate human suffering. She explains how and why this suffering is unnecessary. In this book, she teaches step by step how to attain happiness amid life's many challenges.

In this book we learn:

What is happiness? Why chasing happiness is ineffective.

What all humans are seeking, and how it can be obtained.

Why we think "somebody else" will make us happy.

Analysis and understanding of our society in the last 4 generations and how that influences our mindset.

Why others do not see the world as you see it.

The wonder of uniqueness and purpose for every single person.

Treasures within the mind. How to explore and discover them.

The power of clarity.

The power of choice and owning it.

The power of thoughts. Correct thinking creates a better personal world.

How our "energy broadcast" attracts the same to us.

A powerful strategy that works like a "magical wand" to stop emotional pain.

The power of our words, and how they manifest our realities.

Subconscious 'reprogramming' techniques.

The power of focus. Focus secrets that remove unwanted behavior. Strategies that heal and release burden and pain.

The power of gratitude. The uplift and exhilaration of gratitude. Instantaneous joy. A simple exercise that is healing and attracts peace.

The power of action. How to reclaim your power and be happy. Enjoy the "new you"; a healed person that takes control over his/her own life. Choose to be happy.

Enjoy your healing journey, the best is yet to come!

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**Danielle Rhodes:**

Spent a free the perfect time to be fun activity to do! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Will you something different to fill your free time/ holiday? Can be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try look for book, may be the book untitled Happiness Your 7 Mind Powers: How to realize your inner power, believe it, accept it, take ownership and use it to achieve happiness. can be great book to read. May be it might be best activity to you.

**Florence Taylor:**

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**Marvin Boyer:**

In this time globalization it is important to someone to acquire information. The information will make

someone to understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher in which print many kinds of book. The actual book that recommended to you is Happiness Your 7 Mind Powers: How to realize your inner power, believe it, accept it, take ownership and use it to achieve happiness. this reserve consist a lot of the information on the condition of this world now. This kind of book was represented how does the world has grown up. The language styles that writer use for explain it is easy to understand. The writer made some investigation when he makes this book. That is why this book acceptable all of you.

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