



# Happiness Lessons from The Dalai Lama for Busy Adults: 20 Happiness Habits To Transform Your Life in 7 Days

*Shannon Berry*

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How would you like to discover true happiness without getting bogged down by the hustle and bustle of life? Happiness lessons from Dalai Lama will show you how you can change your outlook in life by incorporating simple habits and mindset shifts in your daily activities so you can begin experiencing happiness from within. Bring out the zest and passion in your life and start to feel a sense of empowerment within you. In this book, you will learn: - 3 simple things that you can do to generate your own happiness, regardless of the environment that you are in - The 3 step system that you can apply immediately to improve your physical well being - 2 tips to start cultivating loving kindness in your daily activities - 2 things that you must not do in order to win respect from other people - One simple habit that you can do every week to finally find peace and happiness from within - Secrets to discover your passion and purpose in life - And many more....

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