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Being happy sounds simple but many find it difficult to follow. Matthews had brilliantly explained the concept of happiness that applies to adults and implementing them in real life. Thank you for this book!

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Almost 25 years old now and the second book written by Andrew Matthews, Being Happy, is still a treasure trove of information and insights into the concept of happiness. Using his amazing artistic ability to include cartoons to emphasize poignant truths, Andrew makes reading this book humorous as well as informative.

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Being a Happy Teenager by Andrew Matthews 2005 Paperback

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Today, The Reading Pile is hosting Andy Gavin, creator of Crash Bandicoot and his novel The Darkening Dream!I've already read and LOVED The Darkening Dream, so by all means check out the review here. Without further keeping anything from you, here is a guest post by Andy Gavin. About The Darkening DreamAs the modern world establishes

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Please Be Happy is a book that will give you all the bases for you to be happy, live happy and learn to enjoy every moment of your existence. The author, a caricaturist by profession, describes the thousand and one ways to obtain daily happiness, both in health and in aches, in poverty or opulence, in company or in solitude, and reflects on love,

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Being a Happy Teen by Andrew Matthews the international

Author Andrew Matthews shares, My wife Julie first suggested that we create a book for teenagers. Lots of teenagers were reading Being Happy! and Follow Your Heart. She said, Let s create a book that deals with teenage problems. Julie was the driving force behind Being a Happy Teen. We are thrilled that it has become so popular

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Meghan shares unseen picture of Archie in Harry's birthday

Prince Harry is probably being treated to breakfast in bed this morning as the Duke celebrates his 35th birthday.

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'I'm proud of Meghan' Queen praises duchess amid Sussexes

The Queen has singled out Meghan for praise as the future of the Duke and Duchess of Sussex was confirmed, saying she is "particularly proud" of how quickly the former actress has "become one of

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