



Feeling Good: How to Feel Happy about Your Life Every Day You Wake Up

Ashley Foley

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Are you sad every time you wake up?

Do you consider yourself a pessimist?

Becoming a successful positive person is not an easy task. It takes a lot of hard work and dedication. Success and positivity actually go hand and hand. To be successful, you must be positive, and to be positive, you need to put in the time and effort. Starting your day with a positive mentality is the first step to becoming a positive person all day. The start to your day can determine how your day will go. There is no such thing as luck, we make our own 'luck'.

What you'll learn inside:

- Why certain people are more successful than others
- What the most valuable commodity is and why
- How to become a positive person
- How to avoid the word 'no'
- And much, **MUCH** more!

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Victoria Owen:

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Catherine Hudson:

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