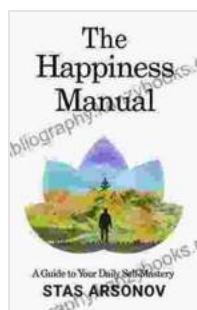


The Ultimate Guide to Daily Self-Mastery

Are you ready to take control of your life and achieve your full potential? This comprehensive guide to daily self-mastery will teach you how to harness the power of your mind and emotions to create a life of purpose and fulfillment.



The Happiness Manual: A Guide to Your Daily Self-Mastery by Stas Arsonov

★★★★☆ 4.9 out of 5

Language : English
File size : 1369 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 142 pages
Lending : Enabled



In this book, you will learn:

- The importance of setting clear goals and developing a plan to achieve them.
- How to develop self-discipline and control your thoughts and emotions.
- The power of positive thinking and how to use it to your advantage.
- How to overcome obstacles and setbacks and stay motivated.

- The importance of self-care and how to take care of your physical and mental health.

This book is not just a collection of theories and ideas. It is a practical guide that you can use to start making changes in your life today. Each chapter includes exercises and activities that will help you develop the skills you need to master yourself and achieve your goals.

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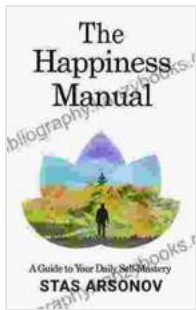
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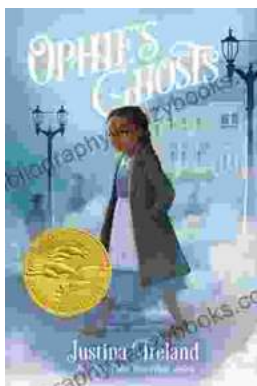
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