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Barbara Berger takes a look at all the things we think and do that prevent us from living happy lives now. The book's basic premise is that our thoughts determine our experience of reality-and understanding this is the key to living a happy life. This is a revolutionary way of looking at life because most people believe that outer conditions are the reason why they are unhappy. Berger presents 10 practical ways to use this understanding in your daily life, your relationships, at work and for your health.

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