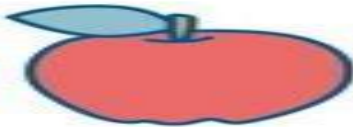


7 SIMPLE STEPS TO BOOST YOUR HAPPINESS



1

SLEEP WELL



2

**EAT A HEALTHY
DIET**



3

**GET SOME
EXERCISE**



4

**GET OUT IN THE
SUNSHINE**



5

**SURROUND
YOURSELF WITH
FRAGRANCE**



6

LISTEN TO MUSIC



7

MEDITATE

Eight Sure Steps To Health And Happiness

Sebastian Brünink



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