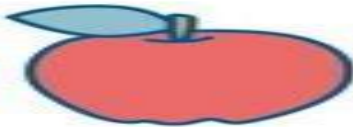


# 7 SIMPLE STEPS TO BOOST YOUR HAPPINESS



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

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# Eight Sure Steps To Health And Happiness

**Minjie Lin**



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