



50 Ways to Increase Your Happiness: How to Achieve Health, Wealth and Career Success

Frank Bonkowski

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This e book is geared to those aged between 45 and 75, men and women, who seek greater happiness as they age and go through change. How can you be happier in your personal and professional life? You can be happy – and be a source of happiness for those around you – with the right mind set, knowledge and tools. You can create a happy life. By being happier, you can grow, be more productive, live life with spark and energy, enjoy yourself more, and offer service to others. You can realize the full potential of your life and become more responsible for it. The 50 lessons in this e book deal with topics that most midlifers and beyond find important to happiness - health and well being, money matters, career change and entrepreneurship, and more.



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