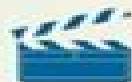




TAKE A  
*Morning*  
*Walk*



GO TO THE MOVIE THEATER  
— ALONE —

SWIM NAKED



Tell Someone  
You Love Them



Wish  
Upon a  
*Star*



PEOPLE WATCH

*Buy Yourself a Christmas Present*



LISTEN TO  
*Classical*  
*Music*  
ALL DAY

# #TREATYOURSELF!

365 WAYS TO BE *happy every day*



HAVE A  
*Cheese and Wine*  
PARTY

*Buy Lingerie for  
No Reason*



*Hang Up a Flattering  
Picture of Yourself*

GAIL  
RUSSELL



DRIVE ACROSS  
THE COUNTRY >>>

# Treat Yourself 365 Ways To Be Happy Every Day

**Fred Sterk, Sjoerd Swaen**



## **Treat Yourself 365 Ways To Be Happy Every Day:**

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**365 Steps to Self-Confidence 4th Edition** David Lawrence Preston, 2011-06-01 Confidence is crucial to a happy and fulfilling life And yet many of us lack confidence and self belief As a result we are less adventurous and less likely to get the most out of life This book is a carefully structured daily programme covering the following areas Deciding to be confident Harnessing self awareness How to think confidently Using your imagination to improve your self image How to act with confidence Communicating with confidence Each of the 52 sections contains information insights and words of inspiration plus seven exercises and practical hints or points to ponder Fifteen minutes a day will give you tools and techniques which

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**Mindset Decoded** Yasmine Rifai,2025-07-02 Your mindset isn t just part of the journey it is the journey Your mindset shapes how you lead how you love and how you rise Mindset Decoded One Year One Journey Becoming Your Greatest Self isn t just a book it is a powerful companion for anyone ready to grow beyond their limits Through 365 days of transformative reflections and bold actionable insights this book invites you to rewire the way you think build unwavering resilience and step fully into the person you were meant to become Whether you are navigating change chasing a dream or simply craving clarity Mindset Decoded will meet you where you are and walk beside you as you grow Your breakthrough starts here Your mindset is the key Are you ready

**Feeling Stronger Every Day** Fred Sterk,Sjoerd Swaen,2024-05-29 Psychologists Fred Sterk and Sjoerd Swaen have collected the most important knowledge and insights from their previous self help books in this inspiring happiness journal Organized by seasons months and days of the year the positive suggestions will help you live a stronger and more fulfilled life Can you be who you are Independent free with enough personal and professional space Interrupt your daily stream of thoughts with one of the 365 texts for greater inner peace authenticity and optimism Fred Sterk and Sjoerd Swaen are in addition to their work as psychotherapists authors of a series of successful self help books These are widely used as motivational books in therapy as well as in study work and self coaching

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