



10 Little Rules for a Blissful Life (Volume 1)

Carol Pearson

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Bliss is a state of mind. Happiness is a choice. We all need a little help from time to time to remember that. From spiritual gurus to motivational speakers, everyone has their own rules on how to find your bliss and live it. And the biggest surprise of all? The secret to bliss is to throw away the rule book you were given, and write your own.

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