

# REASON TO BE HAPPY

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### **7 Reasons to Be Happy Even if Things Aren't Perfect Now**

ps: you know that you don't need any of these reasons to be happy, right? Should you simply decide to be happy, choose to be happy, that is all.

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This made me smile and I'm definitely gonna keep it close. What does it take to be happy? Happy people always tend to be healthier and live longer, compared to unhappy. Well, it's a great concept, but it is not a natural reaction. Tuning into joy can improve your health, something that affords you many possibilities in life. If I were to add one it would be—watching your sleeping puppy of child and hearing people tend to take better care of themselves by exercising more and eating healthier than unhappy folks. We will not be held liable for anything that happens from the use of the information .