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The Good Mood Book

Author: Sophie Trem

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Fill yourself up with good vibrations!

In this book, blogger Sophie Trem, the "French good mood guru," introduces and explains the 5 principles of her method. Practice them to stay in a good mood: sit up straight, breathe better, stay connected to the present moment, let yourself be guided by positive thoughts, and let go! Simple recipes for happiness, Sophie Trem-style, all illustrated, with exercises and examples taken from her own personal experience.
