



25 Days

Will Jelbert

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Happiness expert and best selling author, Will Jelbert shares a candid, twenty-five day diary as he chooses one scientifically proven way to exercise happiness a day. Jelbert gives an open account of his success in finding happiness health in spite of his daily mental struggles.

A few minutes a day for twenty-five days brought about a happiness revolution in Jelbert's own life. Now you can experience that breakthrough too.

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