



# **Decoding Happiness: 10 essential steps to unleash your inner Greatness and live a fulfilling life [How can I be happy]**

*Rafael Bettencourt*

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While being happy is a natural goal that drives all humans, the truth is that most people do not know exactly what happiness is – which means that they do not know what they are really pursuing and how they can accomplish it. That's why frustration is such a common feeling – people want to be happy but have all kinds of misconceptions about what being happy actually is.

That's why **DECODING HAPPINESS – 10 STEPS TO UNLEASH YOUR INNER GREATNESS AND LIVE A FULFILLING LIFE** asks two very important questions:


**What if happiness is far simpler and more achievable than we are often led to believe?**

**And what if our ability to experience joy and to welcome greatness into our life is the only key that we really need to be happy – and that we are already born with?**

More than asking these questions, this book offers a simple yet powerful answer – which is based on 10 essential steps that you can easily follow every day to be as happy as you've always wanted to be.

As simple as they may sound, this book proposes that these are the very accessible but life-changing principles **through which you can become a happy, balanced and successful individual.**

**In short, this book's message is that happiness is a mindset that you can practice through these steps – so that you can unleash all the happiness and greatness that lies within you.**

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