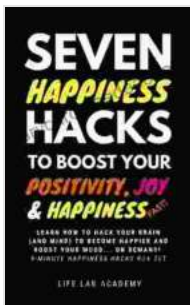


# All the Seven-Minute Happiness Hacks in One Minute Happiness Box Set

Are you looking for a way to boost your mood, reduce stress, and increase your overall happiness? If so, then you need the One Minute Happiness Box Set.



## Seven Happiness Hacks to Boost Your Positivity, Joy and Happiness Levels... Fast!: All the Seven 5 Minute Happiness Hacks in One Book ~ 5-Minute Happiness ... Box Set (5 Minute Happiness Hacks Series)

by Life Lab Academy

★★★★☆ 4 out of 5

Language : English  
File size : 1005 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 102 pages  
Lending : Enabled



The One Minute Happiness Box Set is a collection of seven happiness hacks that can be done in just one minute. These hacks are based on the latest research in positive psychology and are designed to help you boost your mood, reduce stress, and increase your overall happiness.

## What's Included in the One Minute Happiness Box Set?

The One Minute Happiness Box Set includes the following seven happiness hacks:

1. **The Gratitude Journal:** Write down three things you're grateful for each day.
2. **The Compliment Jar:** Write down a compliment for someone else each day.
3. **The Acts of Kindness Calendar:** Perform one act of kindness each day.
4. **The Mindfulness Meditation:** Take one minute each day to focus on your breath and clear your mind.
5. **The Positive Affirmations:** Say one positive affirmation to yourself each day.
6. **The Exercise Break:** Get up and move around for one minute each day.
7. **The Sleep Ritual:** Go to bed and wake up at the same time each day.

### **How to Use the One Minute Happiness Box Set**

Using the One Minute Happiness Box Set is easy. Simply choose one or more of the hacks and commit to ng it for one minute each day. You can do the hacks in any order and at any time of day. The important thing is to be consistent and to make the hacks a part of your daily routine.

### **Benefits of the One Minute Happiness Box Set**

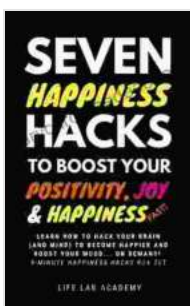
The One Minute Happiness Box Set has a number of benefits, including:

- Boosts your mood
- Reduces stress
- Increases your overall happiness
- Improves your sleep
- Increases your energy levels
- Boosts your immune system
- Reduces your risk of chronic diseases

### **Order Your One Minute Happiness Box Set Today**

If you're ready to start living a happier life, then order your One Minute Happiness Box Set today. The box set is available for just \$19.95 and comes with a 30-day money-back guarantee.

[Click here to order your One Minute Happiness Box Set today.](#)



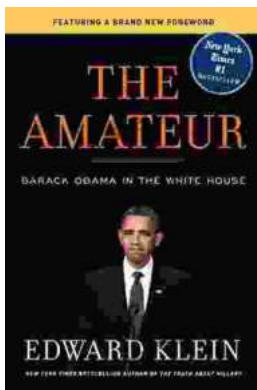
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