



**How To Live Well And Spend Less:  
Understanding how to use your time and money to  
bring you real and lasting happiness (Being happy  
in todays world Book 1)**

*John Olsen*

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# How To Live Well And Spend Less: Understanding how to use your time and money to bring you real and lasting happiness (Being happy in todays world Book 1)

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This book is aimed at helping regular people who have realized that spending money and buying things only brings a shallow and short lived joy. The book will guide you in a different direction and show you other and better ways to be happy and experience joy without being fanatic about it.

- Here Is A Preview Of What You'll Learn...
  - How spending less makes you happier
  - How to spend money on real happiness triggers
  - Psychological mistake people make when spending their hard earned money
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  - How to buy happiness
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