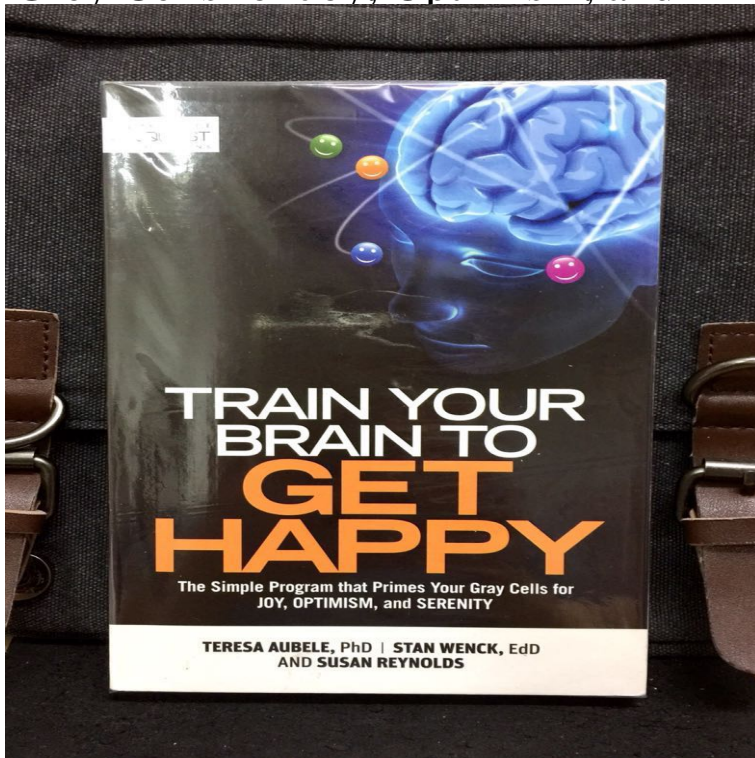


# Train Your Brain to Get Happy: The Simple Program That Primes Your Grey Cells for Joy, Optimism, and



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