



# **The Adventurer's Guide to Living a Happy Life: 63 Simple Tips to Add Happiness to Your Life Each and Every Day**

*Matt Mosteller*

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*The Adventurer's Guide to Living a Happy Life* is a no-nonsense, straightforward collection of tips that will guide you forward on your journey to a happy life. Leave it to Powder Matt, coach, executive, family man, lover of life, and outdoor adventurer to provide simple tips that you can easily use to enhance your own life.

Distilled from his own vast knowledge and experience, from heart-pounding adventures to walking in his local park to preparing and training for one of the world's toughest adventure races, or his harrowing, life-changing experience of surviving a grizzly attack, he boils down what has worked for him into this easy-to-read guide consisting of sixty-three simple tips to add happiness to your life each and every day.

This book will help you to:

- Stick to adding happiness to your life each and every day
- Take stock daily and become aware of your actions
- Focus on positive action that creates a ripple effect
- Stay motivated, focused, and refreshed
- Celebrate the small successes daily
- Believe that you will feel happier every day!



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