



The Happy Life: 21 Principles for Energy, Excitement, and Wealth in the New Economy

Chad Grills

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The Happy Life is a roadmap to level up your health, relationships, skills, and entrepreneurial abilities. Each chapter outlines principles to help create a happy life, and is followed by a strategy and action section packed with resources, step-by-step methods, practical exercises, email templates, experiments, virtual mentors, and mental models to increase your income and energy.

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