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brain to change
how we process
the world, and
that in turn
changes how we
react to it

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ACTION PLAN
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Advantage CH 1:

Key Points:

Happiness is the precursor to greater success, not merely the result.

Happiness raises every business and educational outcome from productivity to sales to intelligence.

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Your brain is designed to perform better at positive than at negative, neutral or stressed.

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1. The Happiness Advantage -
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