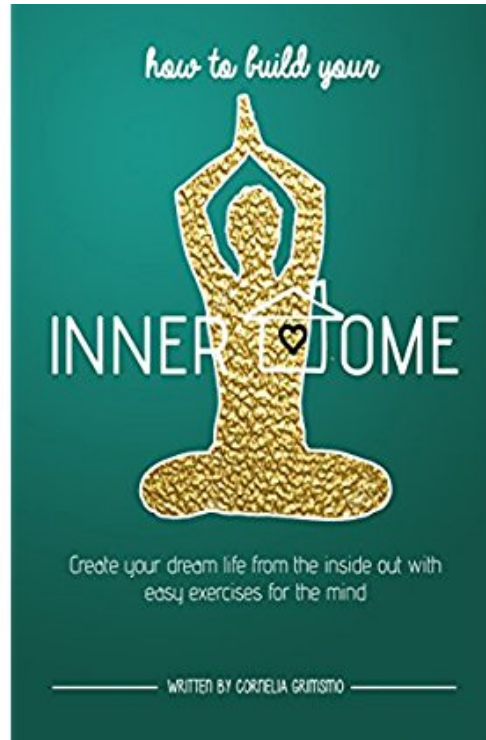


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Synopsis :

We have all read by now that happiness comes from within... And then what? How do we actually feel that happiness at any given circumstances? Do we have a choice in our circumstances as well? Inspiring thousands of people through social media Cornelia Grimsmo gives you easy and specific guidelines and exercises to do on a day-to-day basis so you can finally turn your dream life into reality.