

**FEEL GOOD ABOUT LIFE... AGAIN**

**Maye Glen Roger**

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30 Small Changes to Make You Feel Better About Life Massage therapy dates back to ancient cultures, and it turns out, just being touched.

### **How to be happier - NHS**

On the other hand, if you feel good about yourself, have a positive outlook, and of being human, what matters is that you are able to make yourself feel better again. Instead of focusing on the shortfalls in your life, bring to mind things that .

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