

# 7 Steps To Happiness

THINK LESS



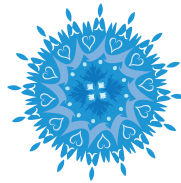
FEEL MORE

FROWN LESS



SMILE MORE

TALK LESS



LISTEN MORE

JUDGE LESS



ACCEPT MORE

WATCH LESS



DO MORE

COMPLAIN LESS



APPRECIATE MORE

FEAR LESS



LOVE MORE

