

Change Your Thoughts
Change Your Reality, and
Turn Your Trials into Triumphs

GETTING BACK TO HAPPY

MARC & ANGEL CHERNOFF

Creators of Marc & Angel Hack Life

FOREWORD BY ALYSSA MILANO



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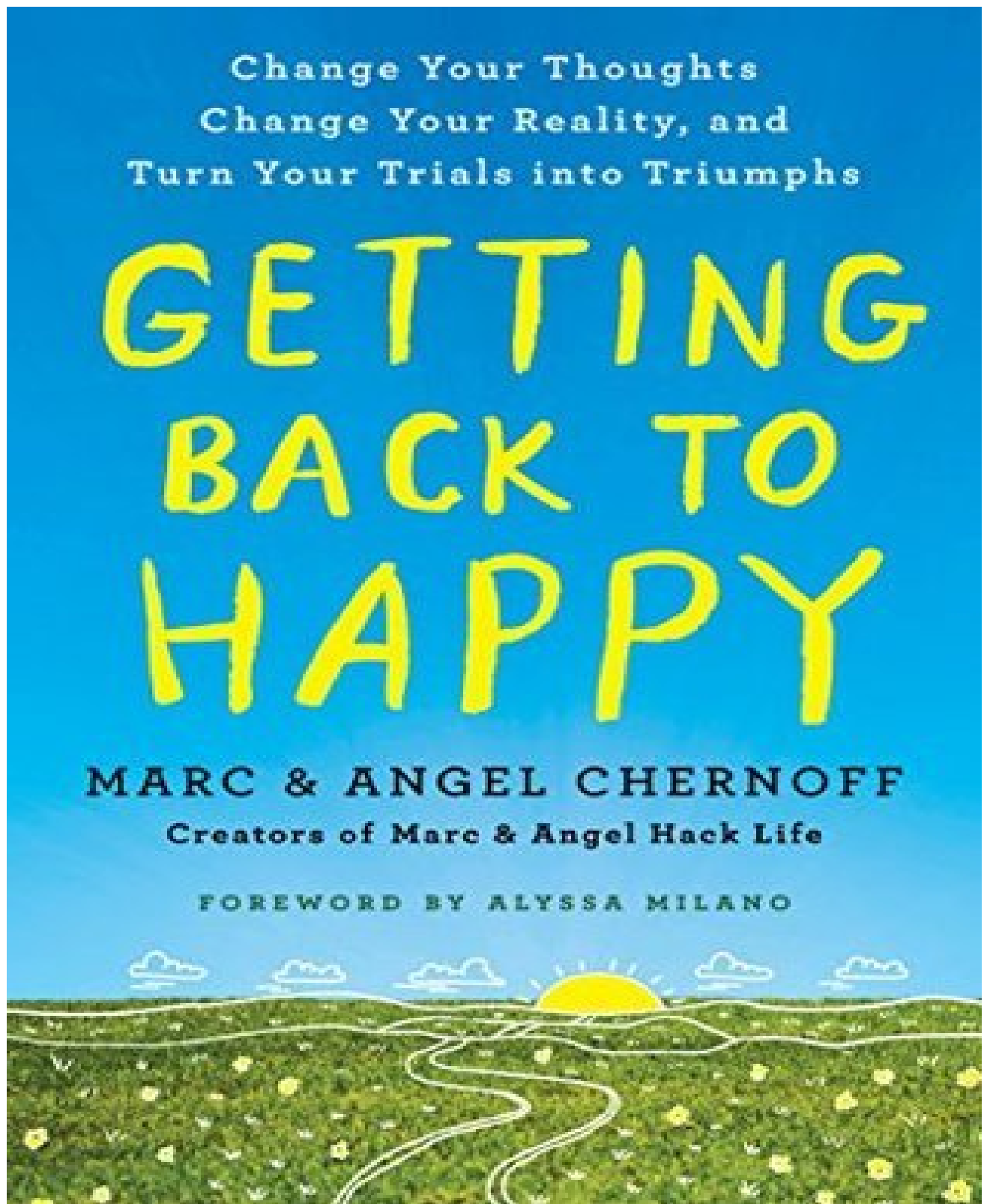
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Synopsis book

Empowering advice for overcoming setbacks, from the authors of a wildly popular blog that's read by millions of engaged readers each month Through their popular blog Marc & Angel Hack Life, Marc and Angel Chernoff have become go-to voices in the area of personal development, reaching tens of thousands of fans each day with their fresh and relatable insights. Now they're writing the book they wish they'd had when they needed it most. Getting Back to Happy reveals their strategies for changing thought patterns and daily habits to bounce back from tough times. Sharing never-before-published stories and advice, the book shows us how to harness the power of daily rituals, mindfulness, self-care, and more to overcome whatever life throws our way--in order to become our best selves.

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GETTING BACK TO HAPPY

MARC & ANGEL CHERNOFF

Creators of Marc & Angel Hack Life

FOREWORD BY ALYSSA MILANO



Empowering advice for overcoming setbacks, from the authors of a wildly popular blog that's read by millions of engaged readers each month Through their popular blog Marc & Angel Hack Life, Marc and Angel Chernoff have become go-to voices in the area of personal development, reaching tens of thousands of fans each day with their fresh and relatable insights. Now they're writing the book they wish they'd had when they needed it most. Getting Back to Happy reveals their strategies for changing thought patterns and daily habits to bounce back from tough times. Sharing never-before-published stories and advice, the book shows us how to harness the power of daily rituals, mindfulness, self-care, and more to overcome whatever life throws our way--in order to become our best selves.

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Description

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