

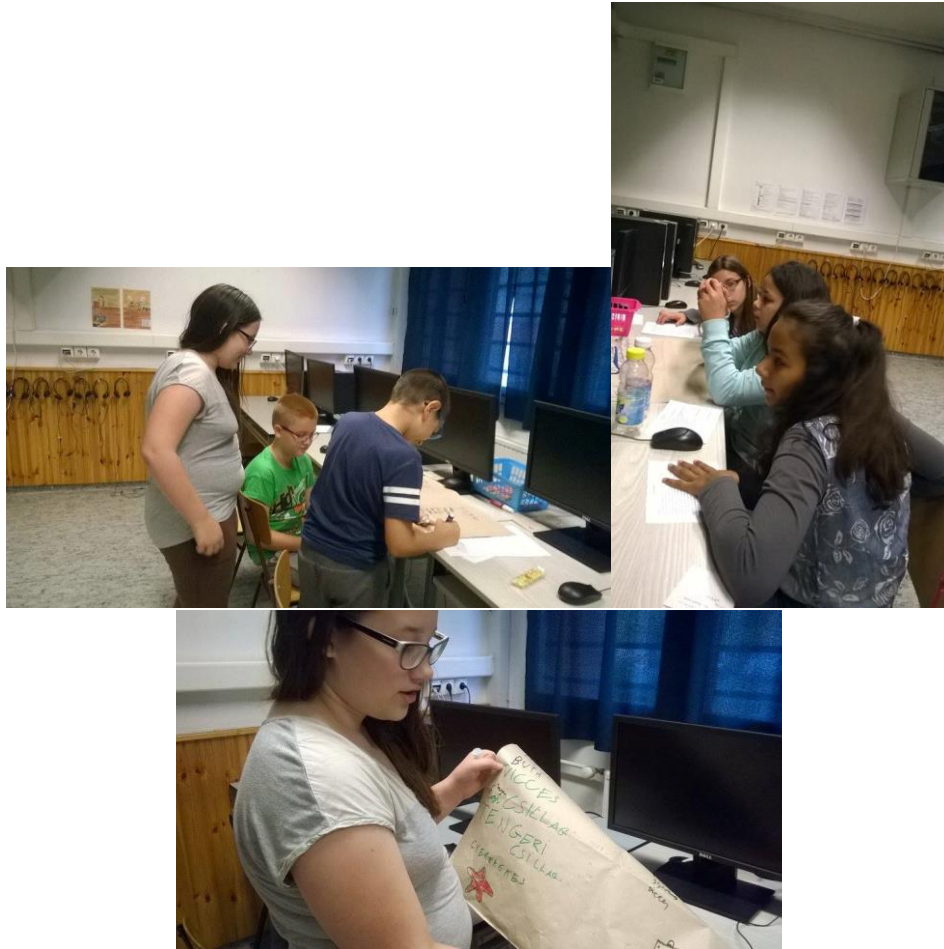
## 1. A hála gyakorlása



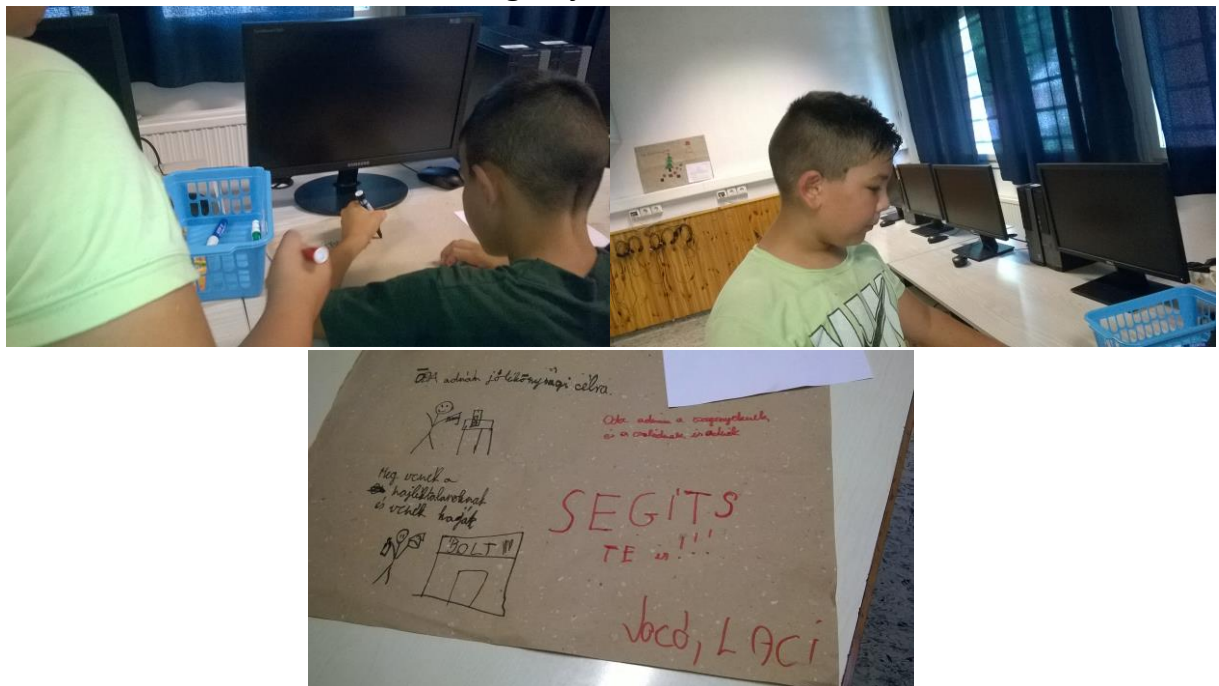
## 2. Az optimizmus gyakorlása



### 3. Társas kapcsolatok ápolása

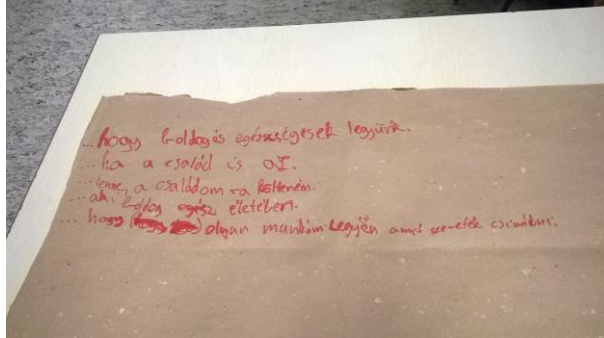


### 4. Boldogító jó cselekedetek

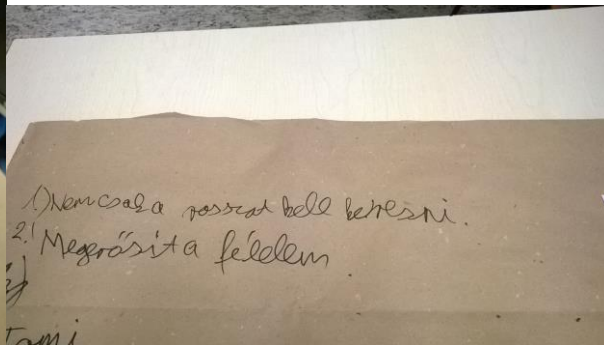
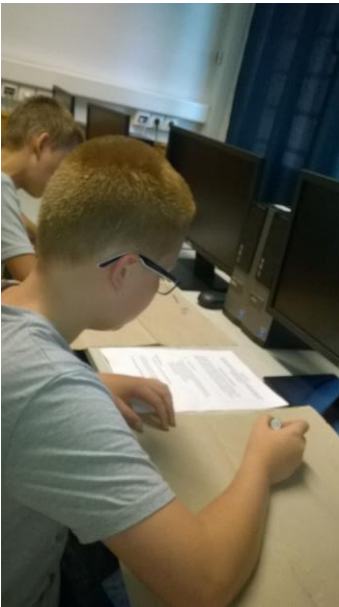




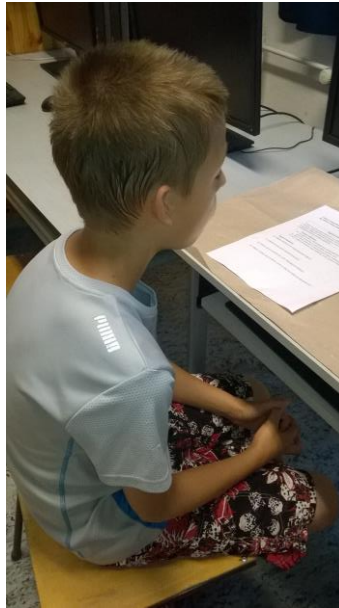
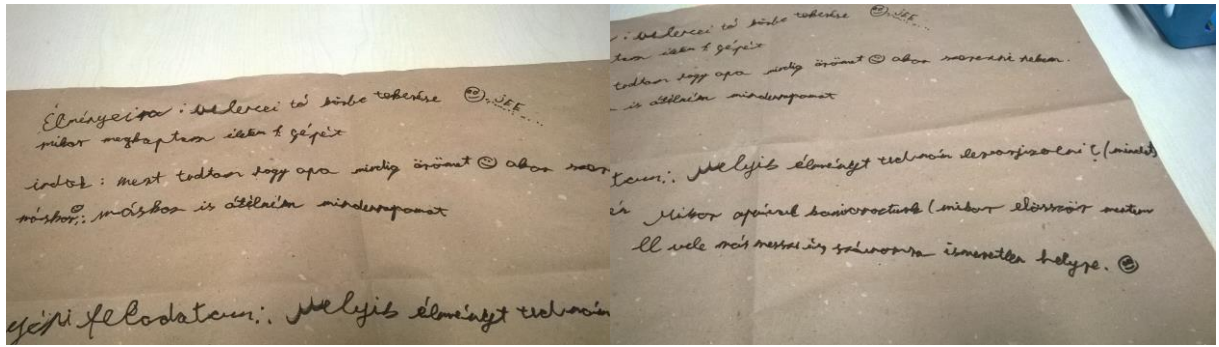
## 5. Célok kitűzése és elérése



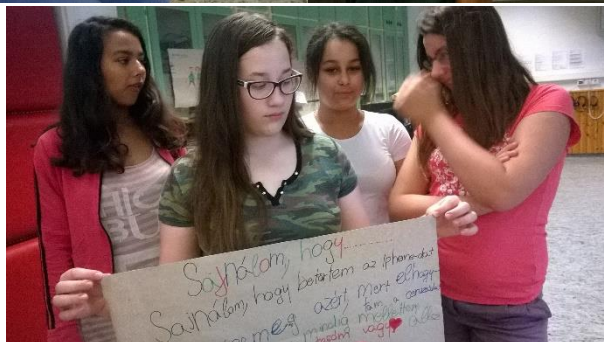
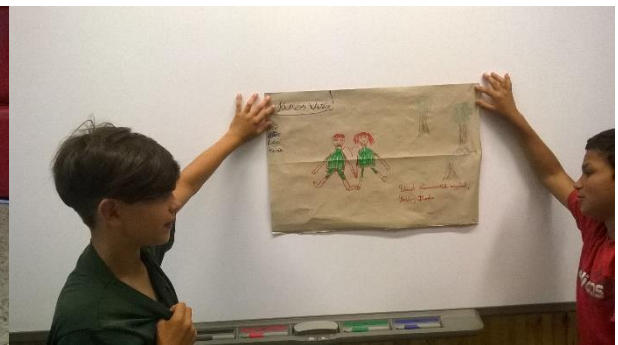
## 6. Megküzdési stratégiák



## 7. Apró örömök élvezete

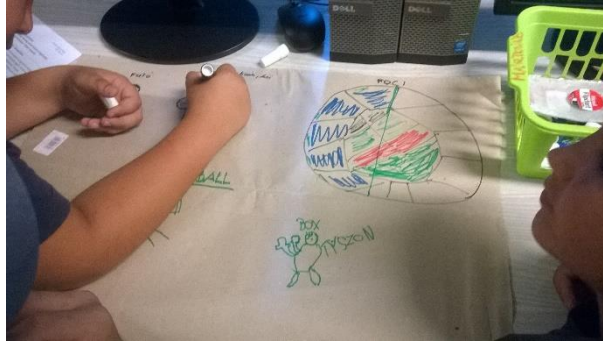
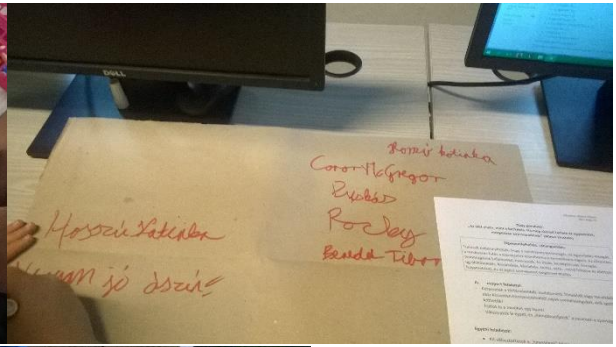
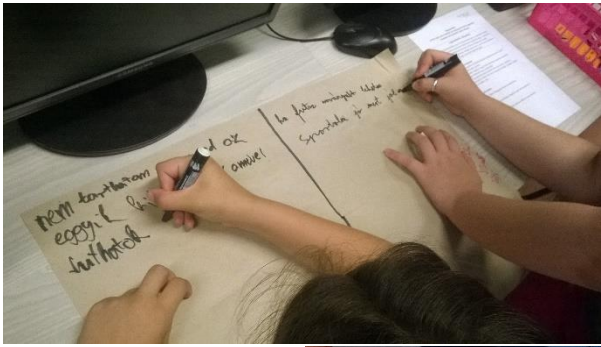


## 8. A megbocsátás gyakorlása





## 9. Testmozgás



## 10. Fenntartható boldogság

