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Deborah K. Heisz**

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As some of you know, I wrote a piece about the healing power of gratitude in the new book, "Live Happy: Ten Practices for Choosing Joy" by

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Live Happy has 92 ratings and 19 reviews. Karlie said: There are some good suggestions in this book and I found myself underlining a lot of passages. How

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In this episode of the Live Happy Now podcast, she discusses one of our ten practices for choosing joy—relationships and love.

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