



# A Rough Guide to a Smooth Life: A Guide to Living a Life You Love

*Jess Stuart*

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## **A Rough Guide to a Smooth Life: A Guide to Living a Life You Love Jess Stuart**

Does it feel like you're always striving but never arriving? What would it be like if life wasn't so hard, if you had more time and energy? It's the question we're all trying to find the answer to; where is happiness and how do we get it? This is a practical self-improvement guide on surviving modern life. Rediscover the art of happiness, find meaning and purpose, and create a life you love. It seems like we live on fast forward. As a result, we're living a fast life not a good life, in which we can do more things in less hours of the day but spend less time doing the things that really matter. Over the past few years I have transformed my own life. This involved overcoming challenges, discovering my true self and finding the courage to leave everything I know to walk my own path and make my dreams a reality. I learned a lot about myself and even more about life and happiness along the way. This book doesn't create happiness for you; it's already there inside. It will empower you to realise your potential, improve your life, and achieve your dreams. "Jess uncovers the key to creating a happier life and leads by example. Her perspective shines a bright light at a much needed time. Let her guide you, this book will help." - Shannon Kaiser, Best Selling Author of Adventures for Your Soul & Find Your Happy



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