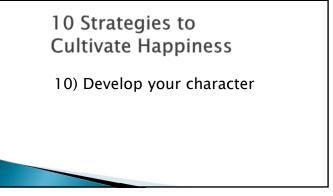


10 Strategies to Cultivate Happiness

9) Practice kindness and forgiveness



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