



Why Worry? Be Happy! -- A Teenager's Guide to Achieving Joy and Happiness

Teo Aik Cher

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Just like a roller coaster, life is full of ups and downs. Why do some people view a glass of water as half empty while others see it as half full? In *Why Worry? Be Happy!*, best-selling author Teo Aik Cher explores several reasons for why some people, especially teenagers, worry. In his creative and captivating style, he offers tips and strategies for overcoming worry and embracing happiness.

Join him and enjoy a journey of self-discovery. Find out the ways and means to lead a fulfilling life in your pursuit of happiness.

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