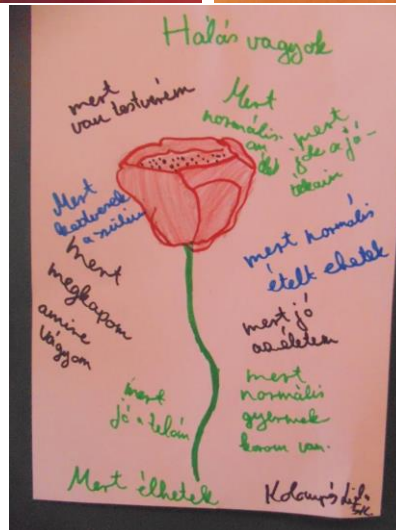


1. hála



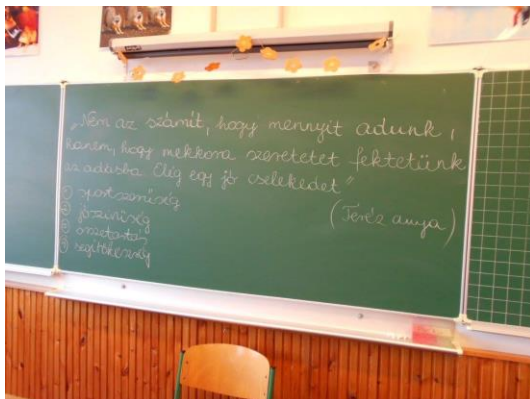
2. Optimizmus



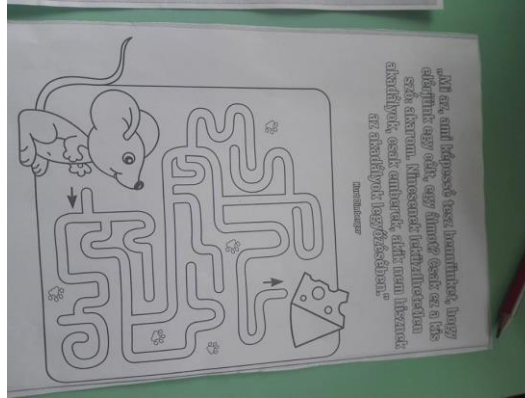
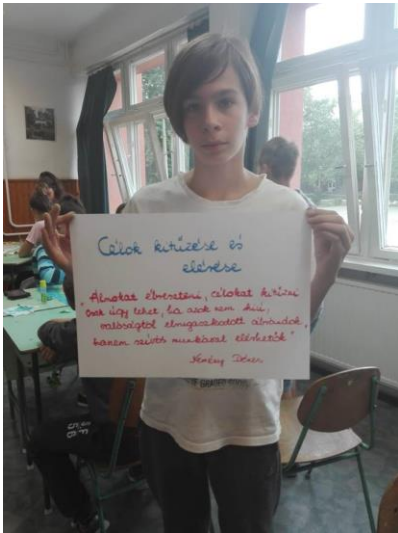
3. Társas kapcsolatok



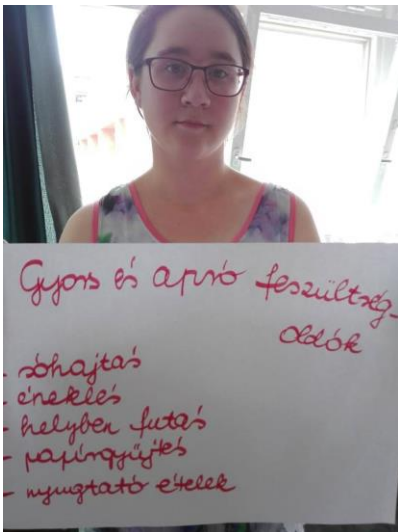
4. Boldogító jó cselekedetek



5. Célok kitűzése és elérése



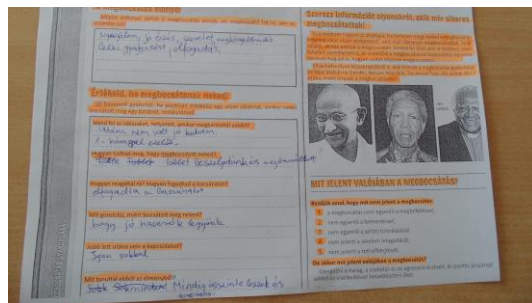
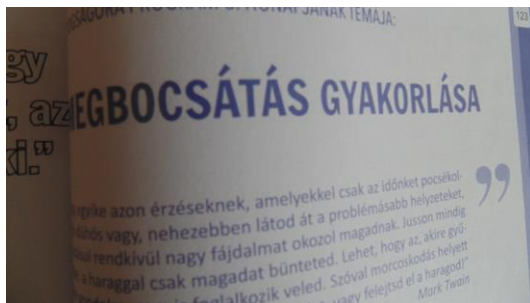
6. Megküzdési stratégiák



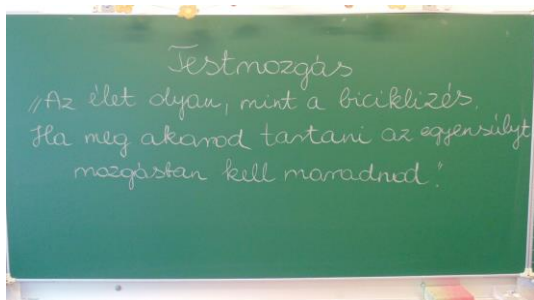
7. Apró örömök élvezete



8. Megbocsátás



9. Testmozgás



10. Fenntartható boldogság

