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## Happy Hour with Liv and Kelly Archives Available

**August 19th 2014: Happiness is Not a Destination**

Welcome to Happy Hour! Meet your hosts Olivia and Kelly while they introduce the premise for the show and explain the basic how-to's for creating your own happier life. They will share personal stories of what makes them happy/unhappy and how to break through the blocks that steal our happiness. They will be answering questions via emails and do mini coaching sessions to help people create more happiness in their everyday lives.



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