

# Happiness is a choice



Location

**South East, East Sussex**<https://www.freeadsz.co.uk/x-328454-z>

Happiness is a choice 12 hour transformation experience Free only for unemployed & low waged Every Thursday 2 - 4pm @ B.U.C.F.P. 6 Tilbury Pl, Brighton BN2 0GY Learn NLP, hypnosis & CBT solution-focused approaches for reducing stress, anxiety, depression & improving your sense of well-being Fast & long lasting results Empower your friends & family too Volunteer opportunities Limited period &!

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