## Dr. Alexander Rúa y Dra. Dóríly Esquílín Coach de Matrímoníos

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## **RAINDROPS FOR HAPPINESS**

Be yourself at all times.

Avoid egocentrism.

Do what make you complete.

Become surrounded by virtuous individuals.

Make conscious decisions.

Embrace your emotions.

Learn from the good and the bad.

Be kind to yourself.

Accept your errors.

Be a leader but also a follower.

Decide to be happy!

## Food for thought: Are you happy?

-Dr. Dorily