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Current: Magazine Journalist; Previous: THE HAPPY LIFE CHECKLIST: 654 Simple Ways to Find Your Bliss, BRIGHT SIDE UP: 100 Ways to Be Happier Right Now (Perigee, 2012),

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Amy Spencer is the author of the new book BRIGHT SIDE UP: 100 Ways to Be Happier Right Now (Perigee, February 2012) and MEETING YOUR HALF-ORANGE: An Utterly Upbeat

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