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**STEP 3: TRADE ANXIETY FOR JOY**

Third in the series: *The Art of Happiness*

Dave Schmelzer

**How can you trade anxiety for joy?**

1. Look at \_\_\_\_\_, not \_\_\_\_\_  
\_\_\_\_\_.
2. \_\_\_\_\_.
3. Redirect your \_\_\_\_\_ into  
\_\_\_\_\_.
4. Remember the laws of \_\_\_\_\_ and  
\_\_\_\_\_.