

How to Be Happy: Find Happiness in Your Life with Simple Strategies (Paperback)



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Reviews

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(Darby Ryan)*

HOW TO BE HAPPY: FIND HAPPINESS IN YOUR LIFE WITH SIMPLE STRATEGIES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. How To Be Happy: Find Happiness in Your Life with Simple Strategies We live in such a complex world with many challenges in our lives. Most people allow these challenges to make them unhappy and depressed. But despite the challenges we face, we still live in amazing times with so many opportunities for happiness that are available to us. And yet, people have never been unhappier than they are in the present. Why do you think that is? Some people think unhappiness comes from technology making people anti-social and afraid to communicate in real life with other people. Others think that unhappiness is due to worshipping superficial things such as money and possessions rather than people. All of these points are true and you will learn why when you read this material. This book examines what it takes to be happy in life. It will go through all of the typical thoughts, feelings, and actions that make people unhappy and then give suggestions for how you can turn all of these around to find true happiness. That is really what everyone is looking for in their lives. You may think money and power are the keys to happiness but without family, friends, and self-esteem, you won't ever be happy. For someone to turn their thought process and value system around like this, it can be very difficult. We are bombarded with so many things in society that tell us how to feel, how to act, and what to do. It gets to a point where we don't even know what happiness is anymore because everything we know about it is what someone else told us it is....

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