



## Happiness Is a Choice (Paperback)

By James Nugent

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is an attempt to bust myths. There is a myth that we have no control of our personal happiness. The myth is that we are subject to the forces around us much like a stick in the tidal currents. We cannot control other people and things; and so we falsely believe that our personal happiness is just a matter of good fortune. So we falsely believe that some people are fortunate and have reasonably happy live and others are just destined to be miserable. Of course these beliefs are absolutely false. There are at least two strategies which will serve us well in our pursuit of happiness. The short booklet will share these two secrets to designing a happy life.



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