

## Discover Yourself, Discover Happiness: Create A Happy Life - A Practical Guide (Paperback)



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### **Reviews**

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*(Tevin Nikolaus)*

## DISCOVER YOURSELF, DISCOVER HAPPINESS: CREATE A HAPPY LIFE - A PRACTICAL GUIDE (PAPERBACK)



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AUTHORHOUSE, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is my personal story, my journey through life. I am writing it despite what I read somewhere that it s not good to write about oneself. But how can I write about things I haven t experienced firsthand? The most difficult thing that has happened to me in my life-divorce-also brought about the best things. I discovered my own lifestyle-the happiness lifestyle. Maybe all that is needed is a change of viewpoint and an understanding that if two people are not headed in the same direction, it might be time to part ways. Peacefully, lovingly, and with nothing but the best wishes for the other person. I am writing this story for those who are looking for happiness, searching for it themselves, or those trying to deal with their relationships. I am also writing it for myself. I am closing a chapter of my life, and I am assessing its worth. I will write about my experiences, wins and losses, and maybe through them you will realize what you want and don t want in your life and those things that influence us in life. Sometimes it can be some small thing, and sometimes something more serious, that will be reflected in our subconscious. This negative information about ourselves then influences us on our journey through life and will trap us in certain models of behavior. My story is about searching for my own path. Despite being divorced, I am fully supportive of the family life, and that it is an arena of freedom. What do you think gives us freedom? For me personally, it is being able to speak the truth and have open communication. Thanks to these two things...



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