

Blueprint for Happiness: 9 Steps to a Happier You! (Paperback)



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BLUEPRINT FOR HAPPINESS: 9 STEPS TO A HAPPIER YOU! (PAPERBACK)

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Publishing Group Inc., United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to be happier every day? Like almost everything else in life, Happiness has a formula or blueprint.specific steps you can take to become happier. Blueprint for Happiness simplifies that formula so that readers can experience more happiness daily. Happiness for many of us has been elusive; hard to get and hard to keep. I ve been one of those people and maybe you have been too. I decided to write Blueprint for Happiness to share what I ve learned over the years about creating true happiness in my life. I am a happy person now, and I want you to be happy too. Happy feels good. It warms your heart and it is believed to keep you healthier. Being a happy person draws people to you; your happiness feels good to others too. In speaking with others as I researched this book, I discovered that most people can tell you why they re not happy, but they have a hard time pinning down exactly what makes them happy. They know what it feels like and they remember important times in their lives when they felt really happy, but they seem to believe that happiness is random.that it happiness happens when it happens. I don t believe that happiness is random. I believe that by changing a few behaviors and beliefs that happiness can become your norm. I also believe that there are core behaviors and beliefs that lead to greater happiness. Helping you to discover what makes you happy, and how to be happy more consistently is the purpose of this book. Blueprint for Happiness shares with readers what I believe is the best and shortest route to...

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