

Gift of Happiness

author: Cure For The People

2026-08

Synopsis

author	Cure	For	The
readBy	Karin		
inLanguage	english		

Happiness is within your reach! Rich or poor, young or old, regardless of your persuasions, you can be truly happy now, not later. The problem is that we are unwilling to take the risks necessary to recreate our lives, because we don't understand the process. This book is both practical and inspirational - filled with insightful examples which help listeners see that we all face similar challenges in life, but that facing them can be both rewarding and exciting if we arm ourselves with the right tools. What's inside? In this guide, we guide our listeners through the mechanics of cultivating happiness in all aspects of life, and help them to discover how they can use their newfound understanding to make changes in the way they feel and act. Here, you will learn happiness boosting techniques such as:

- Living in the moment
- Happiness habits
- Science of gratitude
- Buying experiences, not possessions
- Stress management
- Top five happiness cultivation methods
- Much, much more!

Reader's comments

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