

Resolution to Be Happy

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Synopsis

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30 Proactive Self-Help Actions to Improve Your Health, Relationships, and Business

Do you ask yourself any of these questions:

- Why aren't I happy?
- Can I do anything constructive to change how I feel?
- Does my mood affect my family and friends?
- Does my mood affect my relationship and business?
- What can I do about it if I don't want pills and doctors?

Our state of emotional health can be affected by the simplest things in our lives. This can then lead to a downward spiral of negatives thoughts about ourselves and our relationships with others. Depression and anxiety are an extremely common problem, all too easily diagnosed by a "medical professional" and then treated with very powerful and addictive medications.

What if there was another simpler way to resolve your depression?

Not only will this book give you some suggestions on conflict and relationship resolution, it will also discuss how the mind can be affected by nutrition, environment, and most importantly, your manifestation of reality.

This book will give you 30 simple exercises, both mental and physical, that will change you to the very core on how you perceive yourself and others around you.

Our suggestion is you choose three out of the 30 that you feel the most comfortable with, and that are achievable, and then implement them every day.

Have fun, and swap and change some of these suggestions - even try and work through the whole list. Some of them will make you laugh out loud, but some will lead you to find out new things about yourself and even inspire you to new ambitions and achievements. The best part is doing these exercises can be free.

Start your journey to a happier and stress-free life.

Reader's comments

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