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How to Make Yourself Happy No Matter What: Simple Ways to Be Happy and Enjoy Your Life Regardless of Circumstances

By Arthur H Gooden

Createspace, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.Happiness is the underlying foundation that influences the quality of life. Have you ever seen someone who lives in a small house and has an older car? They may not be rich in terms of material things, but they are beyond rich in their happiness. We all go through things in life that we wish we didn't have to. This can change how we feel and our outlook. Yet you have a choice to either go through life miserable or to be happy. You are the only one in control of that. There may be plenty of variables in life you can't control, but your happiness should never be in the hands of someone else. One of the biggest barriers to true happiness is that we live in a society that tends to encourage us to redeem ourselves with material goods. Then we compare what we have to what others around us have. If they have more, then we may feel that we are less than them. This can really influence the level of happiness that...



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