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Tom G. Stevens, PhD, titled his book with the bold assertion, You Can Choose to Be Happy. "Choose to make happiness a top goal," Stevens tells WebMD.

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But I think that visit was the closest I ll ever come, Missy says in her book, I Choose to be Happy: A School Shooting Survivor s Triumph Over Tragedy. Missy was one of eight students in a prayer group shot by Carneal on December 1, 1997 in the lobby of Heath High School in Paducah, Kentucky.

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