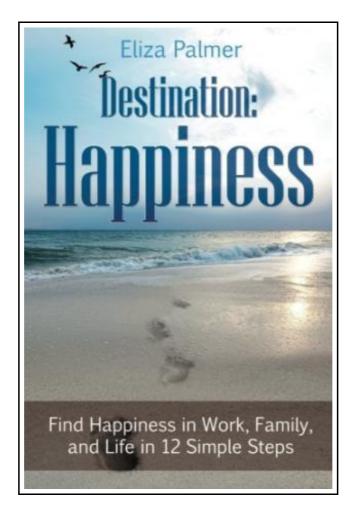
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DESTINATION: HAPPINESS: FIND HAPPINESS IN WORK, FAMILY, AND LIFE IN 12 SIMPLE STEPS



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do you want to be happy? I believe we all know the answer to that question. How about this: Do you want to know the simplest ways to be happy? Hide your credit cards and turn off your phone because you won t need any of that to be happy. In Eliza Palmer s new book, Destination: Happiness, she teaches you how to improve your overall happiness with the help of 12 simple happiness habits. As a health speaker who has met various people from all walks of life, Palmer was able to come up with a common denominator that all of us share. Humans want to be happy, to experience pleasure, to feel like we have a purpose on this earth, and to contribute value to the world. The problem is that happiness is often associated with owning an expensive car, enjoying a lavish out-of-the-country vacation or getting a job promotion. Although these things will make you feel happy at the moment, they re not a guarantee to make that happiness last. Palmer believes that letting go of superficialities of the external world and going back to the basics is what s going to make the journey to happiness an easy one. These habits taught by Palmer are so easy that they can be applied by anyone who wishes to make a change in life. It can be as simple as smiling at your neighbor or saying no to certain commitments. Palmer also discusses the following topics in her book: Happiness as defined by great thinkers like Socrates and Aquinas The methods of measuring happiness Why happiness is neither a myth nor a truth Turning failures and...

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