



## Give Yourself Permission to be Happy: Health and Happiness

By Howard Murad

Wisdom Waters Press. Paperback. Book Condition: new. BRAND NEW, Give Yourself Permission to be Happy: Health and Happiness, Howard Murad, Permission is a very powerful word-one that can enslave us to our own doubts and fears or set us free to pursue our dreams. In Book Two of the Health and Happiness series, Dr. Murad explains why so many of us are unhappy nearly all the time. We are needlessly waiting for some imaginary authority figure to give us permission to enjoy ourselves and reach our full potential. The doctor's advice is simple: stop waiting and Give Yourself Permission to be Happy!.



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