

“Happiness is a spiritual path. The more you learn about true happiness, the more you discover the truth of who you are, what is important, and what your life is for.” Be Happy! is the follow-up to Robert Holden’s best-selling Happiness NOW! In this book, Robert gives you a front-row seat on his 8-week happiness program—famously tested by independent scientists for the BBC-TV documentary called How to Be Happy. Step-by-step he introduces you to a set of proven techniques, principles, meditations, and insights that will help you be happy now! Key lessons include: Follow Your Joy—stop chasing happiness and start enjoying your life as it happens. The Happiness Contract—undo mental and emotional blocks to happiness and success. The Receiving Meditation—increase your natural capacity for happiness and abundance. The Forgiveness Practice—give up all hopes for a better past and be happy now. The Gift of Happiness—use the power of happiness to bless your life and benefit others. “This happiness training not only changes the way you feel; it actually changes the way your brain functions.” Professor Davidson, Wisconsin-Madison University BBC’s How to Be Happy TV documentary

Stella Writes an Opinion, 50 Years in a Kids Game, Making Unity More Visible, The Paid Companion, A bunch of ways to make money, for Kids!, The Abuse of Evil: The Corruption of Politics and Religion since 9/11 (Themes for the 21st Century), The Bully at Work: What You Can Do to Stop the Hurt and Reclaim Your Dignity on the Job, The Everlasting Covenant: The Covenant of Grace,

Robert Holden has not written of one those average books that gives you the steps to find happiness; he says his goal in writing the book Be. Be Happy: Release the Power of Happiness in YOU. BY Robert Holden, Ph.D. Happiness is a spiritual path. The more you learn about true happiness, the more .

Summer of conducted a research project with Holden's happiness course. Findings. Author of “Be happy: Release the power of happiness in you!”

You want a scientifically proven way to become happier—something that not only changes how you feel but how your brain actually You want to use the power of happiness to enjoy more success in your life, work, and relationships. RISK FREE % - MONEY BACK GUARANTEE Why Nothing Makes You Happy!. “Being happy doesn't mean everything is perfect, it means you have decided to look . “There is no greater power than to smile at failure, no more beautiful an “Happiness blooms naturally in the hearts of those who are inwardly free.

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