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How to Be Happy Everyday

By J P Gus Godsey

Morgan James Publishing. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 7.9in. x 5.0in. x 0.7in. He scored off the chart on every objective measurement tested. As Charlie Brown and the Peanuts gang told us, happiness could be a warm puppy, pizza with sausage, five different crayons - or anyone, or anything, thats loved by you. And, although its true that many special moments are inspired by such happenstance, scientific research contends that people actually can condition themselves for genuine happiness, much as occasional joggers condition themselves for marathons. Truly happy people are able to, for example, recall special moments and use them as psychological tools to deal with adversity. And thats just one of many skills they tap into to ensure a high level of satisfaction in their lives. So why is this important Because its clear that happiness is a key contributor to our overall personal health - its even been linked to longevity, scientific studies show. With that in mind, USA WEEKEND Magazine hatched what they called the Ultimate Happiness Challenge: Why not pair the worlds leading authority on happiness with Americas happiest person and see if their expert can make him even happier Or, on a more...



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