



The Art Of Intentional Happiness: Be Your Happiest Self! (the Choosing Happiness series) (Volume 1)

Keith A deBolt

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Wouldn't it be great to know just how you can be up to twice as happy, all the time? Using scientifically proven methods to permanently change your life for the better? Science gives us answers Psychology is not the, "let's talk about your problems and try to figure out what's wrong with you" field it once was. With the dawning of the new Positive Psychology, we now are learning what makes us thrive. What makes us feel fulfilled. What makes us Happy. Intentional Actions are the key. Research in the last twenty years has led to discoveries that show we truly are able to increase our Sustained Happiness, our daily feeling of well-being, by taking Intentional Actions. This book is a compilation of the latest research findings into how we can permanently alter our capacity for Happiness. From relationships, to lifestyle, to managing our emotions, our happiness is very much in our own control. Take Charge of Your Happiness! In this book you will find a very concise look at the actions, perceptions and mind tweaks that will lead you down a path toward increased Happiness. Happiness you can sustain. Take control of your Happiness. We will all be better for it! Buy this book and start living a more fulfilled, enriching, and Happy life!

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