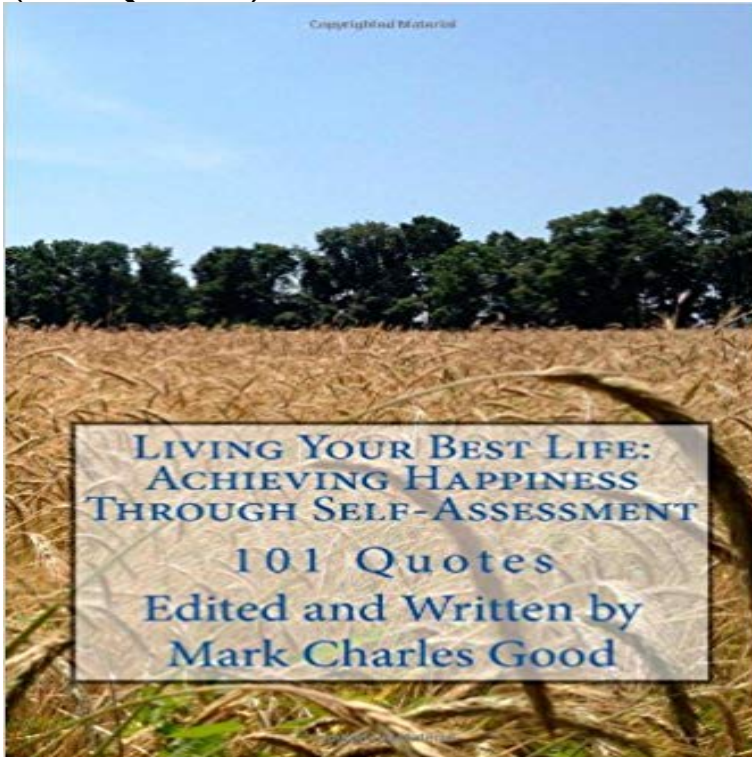


# Living Your Best Life: Achieving Happiness Through Self-Assessment (101 Quotes)



We may all view the same stimulus, but the person right next to us who sees that same object, might not see it as a problem when we do. Why is that? It is because the stimulus is not the problem; our response to it is the difficulty. If we can more readily practice self-assessment, then we can move forward to find happiness more graciously than if we point fingers at others first. This book is one in a series that each contains 101 quotes from individuals, throughout the centuries, who have written or spoken poignant words that can motivate us to progress positively in our lives. For fifteen years, speaker and educator, Mark Charles Good has compiled what he has found to be some of the most powerful words spoken and written, specifically, about the influence of finding happiness through self-assessment. At your fingertips, these words are now in one place so that they may compel you to live your best life. The books in this series include: Living Your Best Life: Achieving Happiness Through Self-Assessment. Living Your Best Life: Finding Happiness Through Compassion and Understanding. Living Your Best Life: Transforming Discomfort into Positive Change.

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