

Most people, when asked if they would like to be happy, reply along these lines: “Sure. Just tell me what to do!” And that’s exactly what *The Serious Pursuit of Happiness* does. Deliberately written to be a prescriptive, one-stop roadmap to happiness, this classic and timeless “how to” book is the ultimate self-help guide to well being – containing over 100 proven strategies and over 400 specific, practical, powerful and proven actions that individuals can begin to easily implement on their own – immediately – to live happier, more rewarding, and more meaningful lives. The promise of Miller’s book is that readers around the world can read one short, companion-sized book and learn all the proven strategies and actions they need – literally everything that has been proven about specifically how people should intentionally think, how they should intentionally act, what kind of person they should be, and what exactly they should actually do in their lives when it comes to relationships and making their meaningful contribution to the world in order to flourish and thrive -- to live as “happily ever after” as is possible for them. Intended to be both a “quick read” as well as a lifetime companion, this one easy-to-read book is packed with the results from Miller’s over 10 years of “researching the research.” This in-depth process included a summarization of over 40 years of happiness research including hundreds of studies by leading psychologists the world over, the findings of the revolutionary and still-emerging new science of Positive Psychology, recent advances by biologists and neurologists, and the ancient wisdom of revered philosophers – all deftly synthesized down into six powerful and proven imperatives: 1. Seek Pleasure within Limits 2. Intentionally Think Happy 3. Intentionally Act Happy 4. Become a Better Person 5. Embrace Loving Connections 6. Make a Meaningful Contribution Simply organized into a three phase “journey” to a happier life that is easy to understand and follow – *The Serious Pursuit of Happiness* is a ‘must-read’ if you are serious about learning exactly what to do to invite and then keep happiness in your life. It not only lights the paths for you to follow by spelling out in detail the proven actions you need to add to your day-to-day life to flourish – it also highlights the myths and faulty thinking that are barriers to achieving lasting meaning and joy and that you need to avoid. Once the proven strategies and actions for a flourishing and thriving life are presented, readers are given a proven process to create their own Personal Happiness Plan - so they have the best opportunity to choose to begin implementing their proven happiness-increasing actions immediately. Long on action, rooted in comprehensive research, and short on theoretical discussions – this book is unparalleled in its ability to help the reader just learn the knowledge of exactly what to do – and what not to do – to flourish and thrive and live a happier and more fulfilling life – beginning now.

The 100 Simple Secrets of Happy People, Moonlight Secrets (Fear Street Nights), How to Make a Journal of Your Life, Christianity and Islam in Spain (756-1031), The Young Mountaineer; Or Frank Miller's Lot In Life: The Story Of A Swiss, You Are Not Your Mind: How To Control Your Thoughts And Live A Healthy, Positive And Fulfilling Life (Positive Thinking, Mindfulness, Focus, Stress Free, Mind Set, Mind Control Book 1), Healing in the Kingdom: How the Power of God and Your Faith Can Heal the Sick,

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