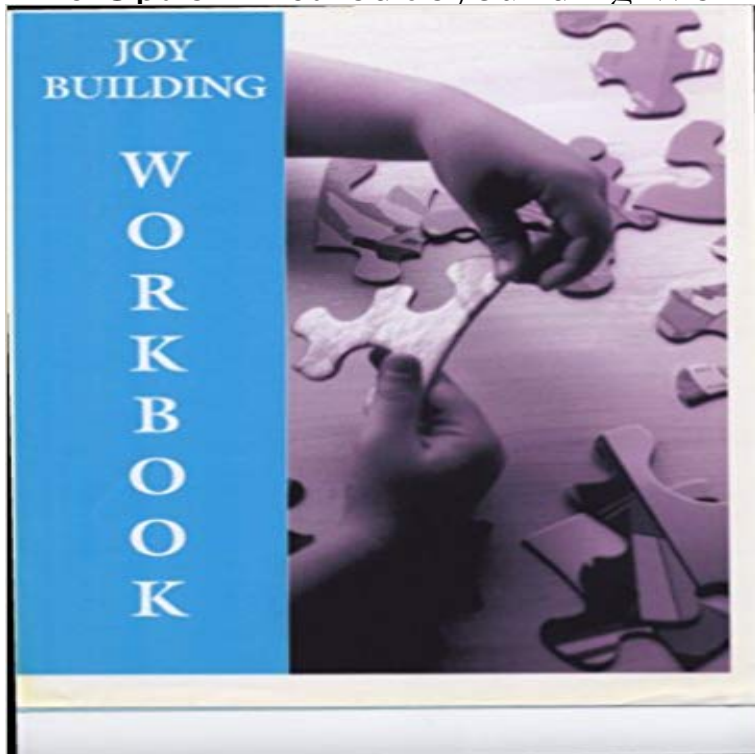


The Option Method Joybuilding Workbook



This work unlocks the door to what tortures so many of us. How do we get out of the apparent unsolvable problems of unhappiness? How to acknowledge and experience your happiness on an ongoing basis? Here is the guide to being less and less unhappy, but far more, it is the guide to being happy in each and every moment you desire your happiness. Without fail, without exception. You are allowed to be happy no matter what. Only your beliefs in the inevitability of unhappiness, a condition nurtured by your cultural upbringing, stands in the way. Do you want your happiness? Do you want it now? Then pick up this volume and begin your journey to freedom. Yes freedom to be happy. Freedom and happiness are two sides of the same reality. Learn how to be free, thus happy, each and every moment of your life. Learn how to be your happiness, not merely pursue it as some far off goal. Learn how to transcend the limitations that you have learned and accept without question. Do this by asking yourself the questions, simply straightforward questions, that will break your imprisonment in the trance of being stuck in the unhappiness trap. Read it now and prepare for liberation at last!

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