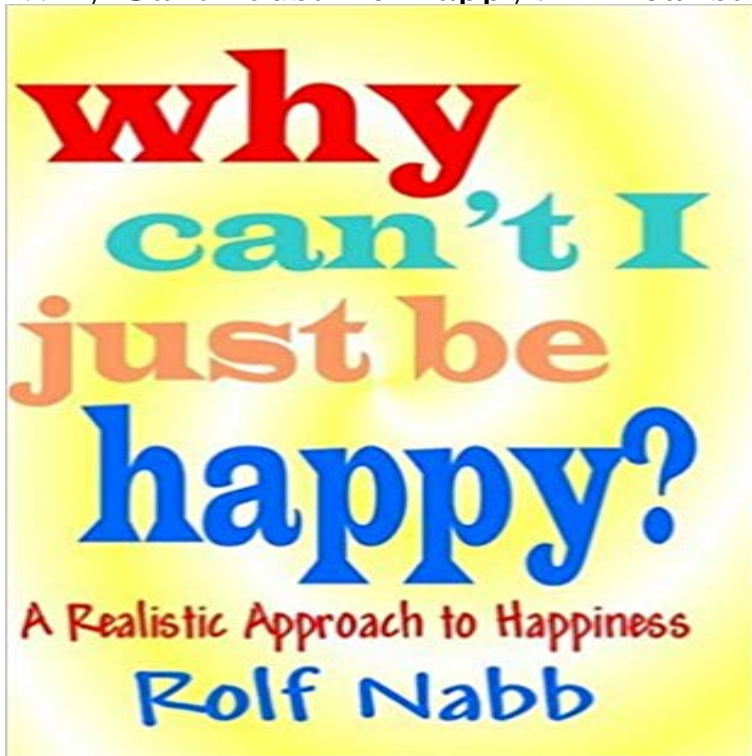


Why Cant I Just Be Happy? A Realistic Approach to Happiness



Why cant I just be happy? Weve all asked ourselves this question from time to time and weve all wondered why its so hard. Considering that you probably include yourself in the vast majority of what Ill refer to as us, you probably find yourself wondering this from time to time as well. From my years of observation and talking to people, Ive figured out that being a happy person is a pretty easy thing to accomplish if you can just set your sights on the right targets and get your priorities straight. Regardless of what misery youve suffered or are suffering, if you can just step back and gain a little perspective, youll see that you too can be happy. Youre much stronger than you think.

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