

What is your definition of happiness? Peace of mind, contentment, serenity, joy? The desire to be happy is one of the fundamental driving forces in our lives, but far too many people sabotage their success and their relationships in ways that inadvertently push happiness and satisfaction even further out of reach. In this effective new personal transformation book by Amazon bestselling author Evelyn Roberts Brooks, you will learn the 7 Powers of Happiness and how to incorporate them into your life each day in simple, practical ways. Cut through the confusion of how to be happy all the time, even when bad things happen. The author reveals the specific happiness skills that will allow you to have all the contentment you long for. Discover how to remove the conditions you place on your happiness, including the ones you think you can't get rid of, and achieve lifelong happiness and satisfaction, even though your life isn't perfect. The author brings loving, insightful, well-researched advice that is grounded in her own experiences in overcoming tragedy to find a wellspring of happiness and peace of mind. She guides you step by step to gain the key understanding that is the requirement for being happy even when life isn't going the way you planned. If you agree that happiness is your birthright but you've gotten lost while pursuing it, this book opens a door on the path you can take to finally achieve it.

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