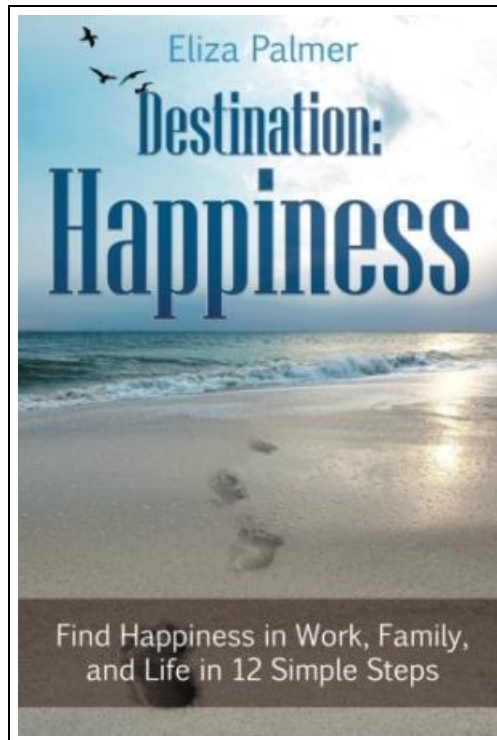


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Reviews

An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.
(Prof. Maya Hand)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to be happy? I believe we all know the answer to that question. How about this: Do you want to know the simplest ways to be happy? Hide your credit cards and turn off your phone because you won't need any of that to be happy. In Eliza Palmer's new book, Destination: Happiness, she teaches you how to improve your overall happiness with the help of 12 simple happiness habits. As a health speaker who has met various people from all walks of life, Palmer was able to come up with a common denominator that all of us share. Humans want to be happy, to experience pleasure, to feel like we have a purpose on this earth, and to contribute value to the world. The problem is that happiness is often associated with owning an expensive car, enjoying a lavish out-of-the-country vacation or getting a job promotion. Although these things will make you feel happy at the moment, they're not a guarantee to make that happiness last. Palmer believes that letting go of superficialities of the external world and going back to the basics is what's going to make the journey to happiness an easy one. These habits taught by Palmer are so easy that they can be applied by anyone who wishes to make a change in life. It can be as simple as smiling at your neighbor or saying no to certain commitments. Palmer also discusses the following topics in her book: Happiness as defined by great thinkers like Socrates and Aquinas The methods of measuring happiness Why happiness is neither a myth nor a truth Turning failures and...



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