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Discovering Your Optimum Happiness Index (Ohi): A Self-Directed Guide to Your Happiness Index (Hi) (Including Questionnaire and Self-Improvement Templates) (Paperback)

By Errol A Gibbs, Marjorie G Gibbs

AUTHORHOUSE, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Over the past century, the world has experienced exponential growth in academia, human knowledge, science and technology, and financial and material wealth. Human beings have made significant progress in religious understanding, space exploration, medical research, and in the treatment and eradication of some common diseases such as smallpox, measles, yellow fever, and polio (poliomyelitis). The thoughtful observer could envisage a new world that blossoms into a new era of high civilization with peace and prosperity, and hope and happiness. Instead, humanity has been ushered into the global village, observably unprepared to manage national and international challenges that seem to suffocate hope and happiness of many. Discovering Your Optimum Happiness Index (OHI) is a book that puts forward that a materially driven life may bolster ones lifestyle, but one s lifestyle is not fundamentally intrinsic to happiness. It contends that the potency of Optimum Happiness is a higher imperative of happiness underpinned by the Spiritual and the Natural. This book is not essentially a scientific treatise on happiness, but it presents a new narrative that will engage individuals in the fields of psychology, sociology, and...



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