

The Happiness Blueprint: 7 Simple Keys to Achieve Happiness Using the Power of Self-Control, Healthy Habits, and Positive Affirmations



What is happiness? Defining happiness is just as difficult as defining life because it is an abstract concept. Because of this it makes it even more difficult to find happiness in life. After all, how can you search for or achieve something that you cannot even fully define? Happiness can have a lot of definitions. Religion, science, psychology, and philosophy have their own definitions of happiness. Each person also has his own personal definition of happiness based on his own experiences, values, and beliefs. This makes happiness a fuzzy word that seems very elusive not only to achieve but also to understand. Lets discuss the many definitions of happiness according to different fields of study. First and foremost, happiness is defined in the dictionary as a state of mental or emotional well-being that is accompanied by positive or pleasant feelings and experiences such as intense joy or contentment. Happiness is considered one of the most fundamental of human emotions and is in fact considered a basic right according to the United States Declaration of Independence, which states that every American has a right to life, liberty, and the pursuit of happiness. It is considered one of the universal goals that every human being should strive to have. This audiobook covers: Definition of happiness Step 1: Plan your life Step 2: Stop overthinking Step 3: Live the moment Step 4: Build healthy relationships Step 5: Help others Step 6: Stay healthy Step 7: Gratitude Daily affirmation

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