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Creating Happiness: How a Million Dollar Raffle Changed My Life (Paperback)

By Prof James Anderson

Dusty Road Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Creating Happiness is more than a theory; it is a proven and richly detailed journey of processes and ideas. The entertaining narrative includes detailed, easy-to-follow suggestions for fun ways to achieve and maintain a state of happiness-from the inside out. Quantum physics has shown that the observer affects what is observed. In truth, the observer creates what is observed. -You will change the chemistry of your body with an increase in proven ways to raise serotonin and dopamine levels -You will improve your relationships -You will have more energy and vitality -You will feel less fear, stress and worries -You will be better at problem solving -Your heart will become healthier -You will enhance your creativity The higher your vibration, the more choices you have and the easier they are to manifest. Anderson took this theory and applied it with focus and consistency-and it changed his life. It can change your life too.

Reviews

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