



## The Habit of Happiness: And the Anatomy of Inspiration (Paperback)

By Michelle Bradshaw Kanti

Balboa Press, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You can have a happier life. The habit of happiness is a comprehensive and practical guide designed to change your life. A holistic approach that contains the most potent tools that work with the mental, emotional, physical and spiritual aspects of a person. Through exercises, examples and practices the reader is empowered to create a life of their choosing. Just imagine what your life would be like if you were truly happy and satisfied and if you were the very best version of yourself. Imagine how you would feel if you were in charge of fear, stress, anger, anxiety and negativity and you were easily able to naturally manage your moods. Imagine what you would be doing, where you would be living, what your relationships would be like and how all of that would feel to you. The reality is all this is possible to achieve because happiness is an inside job, a skill that when consistently practiced can be established as a habit. It is a skill well worth investing your attention, time and energy into learning, as this happiness mindset is...

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