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## The Happiness Formula

By Gary King

Motivational Press. Paperback. Condition: New. The Happiness Formula: The Ultimate Life Makeover shares with readers a formula developed over years of research. It is about my real life experiences of tremendous highs and unfathomable lows. I used that hard earned wisdom to create a formula to help others evolve from victim to victorious. Over the last 25 years I have been active in the personal development world and interviewed literally thousands of participants. The questions asked were deep and the insights gained are priceless. Most humans search for miracles, focusing on financial, health and relationships. Many people run from challenges, avoiding them as if they were punishment, potentially leading them to becoming a victim of learned helplessness, or worse, learned hopelessness. All lives center around emotions that can either enhance our lives or seriously drain us of vibrancy. Our internal world controls our external world. We all search for Happiness, even though we do not have a clear definition other than what we've been taught in school regarding success. We've been conditioned to believe our academic education will serve us in our times of deep financial and emotional needs, but nothing could be further from the truth. We are masters of...

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