



The Happiness Tree: Grow Your Happiness by Cultivating a Healthy, Creative and Purposeful Life (Paperback)

By Shane Eric Mathias

Balboa Press, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Happiness Tree - Take this journey with me and learn what happiness really is. How you can create and sustain it using the resources already inside of you, regardless of your circumstances or age. So many of us learn by making mistakes, sometimes repeatedly, and that is a costly game. Following the Happiness Tree model, you ll develop Self Mastery, the only true path to a successful life. Your own evolution will then guide you toward the realization of empowering goals in weeks, rather than years. By strengthening and balancing the four main limbs of your Happiness Tree, (Love, Health, Freedom and Purpose), you ll be lead toward healthy choices, meaningful opportunities and fulfilling relationships. This is not a workbook, rather, the scientifically based strategies described inside are presented in an engaging, thoroughly digestible style that will enlighten, entertain and inspire you. You can possess the vision and confidence to grow your own bright future. Claim your very own Happiness Tree today and let s begin! SAMPLE OF TOPICS - Defining Sustainable Happiness - Understanding the Self - Attaining Optimal Health -...



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Reviews

The book is great and fantastic. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i advised this ebook to find out.

-- **Dr. Blair Mann**

Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

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