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How to Be Happy in an Unhappy World

Marie Chapian

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How to Be Happy in an Unhappy World Marie Chapian
We all desire peace and contentment in our lives. But for all of our chasing after happiness, do we ever really achieve it? We think if we can get one step higher on the ladder, lose those last ten pounds, or find that one perfect person, then happiness will be ours for the taking. But the things of the world don't offer lasting peace and contentment.

How to Be Happy in an Unhappy World unveils the secret to finding--and maintaining--true happiness. Diving deep into the core of the heart where true and perfect happiness waits, Marie Chapian guides readers in discovering this largely untapped source of peace. Based on solid biblical principles and scientific brain research, this book unlocks the door to freedom from depression, anxiety, frustration, and the despair of life's endless emotional roller coaster. It includes revealing self-discovery questions, short quizzes, and practical how-to lists that will enable readers to discover an inner radiance and happiness that cannot be extinguished.

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