

# Happiness: How to Find It and Keep It - 176 pages - Watkins Media Limited, 2005 -

## 9781844831326 - Joan Duncan Oliver - 2005

Happiness—How to Find It. Is a Happy Life Really Possible? Does It Make Sense to Believe in God? Where Can You Find Guidance? Learning About What You Cannot See. You Can Cope with Life's Problems. Youth's—How Can YOU Be Happy? Better Health and Longer Life—How? Sickness and Death—Why? Death Is Not an Unbeatable Enemy. Communicating with the Spirit Realm. Wickedness—Why Does God Permit It? Is the End of the World Near? A Government to Bring Earth-wide Peace. Find Your True Self! Challenging you to consider and to change your life, Joan Duncan Oliver leads you on a journey through platonic dialogues to self-understanding and happiness. The book offers guidance and insights that will touch and transform your life. Self-Help Personal Growth. This book is currently unavailable. 111 printed pages. Impressions. How did you like the book? Sign in or Register. Don't give a book. Choose books together. Track your books. Bring your club to Amazon Book Clubs, start a new book club and invite your friends to join, or find a club that's right for you for free. Explore Amazon Book Clubs. Flip to back Flip to front. Find all the books, read about the author, and more. See search results for this author. Are you an author? Looking for books about happiness? We've compiled the 33 best happiness books from over 800 hand-summarized titles. Read now. The Happiness Hypothesis is the most thorough analysis of how you can find happiness in our modern society, backed by plenty of scientific research, real-life examples, and even a literal formula for happiness. Why should you read it? This book dives into the neurological aspects that contribute to happiness with a twist. You'll learn the history of happiness in mankind, what money has to do with it, and why higher taxes might, counterintuitively, be a good thing. Key Takeaways. Our capability to feel happiness is a result of evolution, we weren't always able to feel happy. How to experience utter happiness and fulfillment for the rest of your life, starting now, no matter how miserable or depressing your former life has been! Some people have been working all their lives to reach their heart's desires. You may be shocked to know that even if many of them have reached the highest peak of accomplishment, they are still unhappy. Why is this so? Happiness is abstract. It cannot be seen nor touched. It can only be felt and experienced.