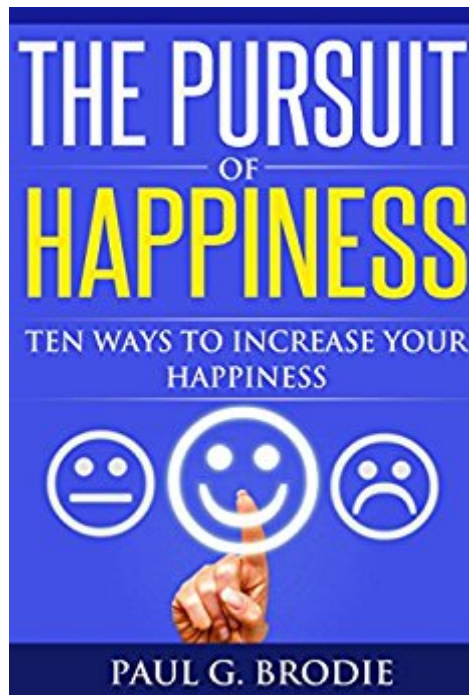


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# The Pursuit Of Happiness: Ten Ways To Increase Your Happiness (Paul G. Brodie Seminar Series Book 3)



## Synopsis

The Pursuit of Happiness: Ten Ways to Increase Your Happiness (Part of the Paul G. Brodie Seminar Book Series) shows how you can change your mindset and increase your happiness. What if a few new habits could increase your happiness? What if you could increase your happiness with a few simple steps? Imagine waking up in the morning feeling happy and ready to take on the day. bestselling author, Paul G. Brodie, in his fifth book, covers ten ways to improve your happiness. Here are a few things that you will get out of The Pursuit of Happiness. In this book, you will learn.

- How to Love What You Do on a daily basis
- How to utilize the Power of Self-Suggestion to increase your happiness
- How to look at your life in a positive way by Expressing Gratitude every morning
- How to realize that Happiness is a Choice
- How to choose Happiness over Money
- How to understand What Life is About and Enjoy What Matters Most
- How to Not Worry and instead focus on being the best person that you can be
- How to Invest in Your Mind and improve your mindset
- How to discover What is Happiness for You

• BONUS: Questions at the end of each chapter to help with increasing your happiness

Buy this book NOW to increase your happiness and stop feeling negative and stressed out

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To get access to the bonus materials and resources (all for FREE), be sure to visit: [www.BrodieEDU.com](http://www.BrodieEDU.com)

## Book Information

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## Customer Reviews

Paul Brodie's latest book *The Pursuit of Happiness*, is an excellent read written to bring out the happiness in your life, not just on the short term but to last the long term. Paul shares with his readers ten ways to do this. As he states in the book: "One of the biggest challenges in our lives is the ability to be happy. There is a lot of negativity that we must consistently battle throughout our lives." Every chapter is a valuable chunk of road that can get you to your destination. Here is a brief breakdown in what you'll find in the book: Chapter 1 encourages you to love what you do. Paul states here: "If we are doing what we love, then it will never feel like work." Finding the work we love is an essential part of happiness and that is why it's the first chapter. Chapter 2 is dedicated to one of the most important parts of pursuing your happiness. You first must recognize that happiness is a choice, and then decide whether or not to make that choice to be happy. Happiness is a choice that you must train your mind to make, and the author gives us clear examples of how we can do that. Chapter 3 covers gratitude. This is something we can all use and I would highly recommend reading this section twice. Chapter 4 is about money and happiness. Paul Brodie shares with readers personal stories from his past to express how he's experienced firsthand why happiness is much more important than money. A great chapter here and one of my favs! Chapter 5 is what life is all about focuses in on the absolute importance of family and friendship and how it contributes to daily happiness. Chapter 6 is about enjoying the things that matters most.

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