



The Happiness Makeover: Teach Yourself to Enjoy Every Day

M.J. Ryan

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Be Happy, Stay Happy

We all want the things that we're sure will make us happy--money, success, independence, love. But when we finally get them, we can find to our surprise that we are the same miserable, moody, or just neutral people we always were. Is that just the way things are?

Luckily, no! We can teach ourselves to be happy and enjoy every day, and M.J. Ryan, bestselling author of *The Power of Patience* and *Attitudes of Gratitude*, shows us how.

The Happiness Makeover draws on this wide-ranging knowledge and presents a plan that will help readers:

- clear away happiness hindrances like worry, fear, envy, and grudges
- discover happiness boosters
- literally rewire their brains to experience contentment--even joy
- learn to think optimistically (It really is possible!)

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