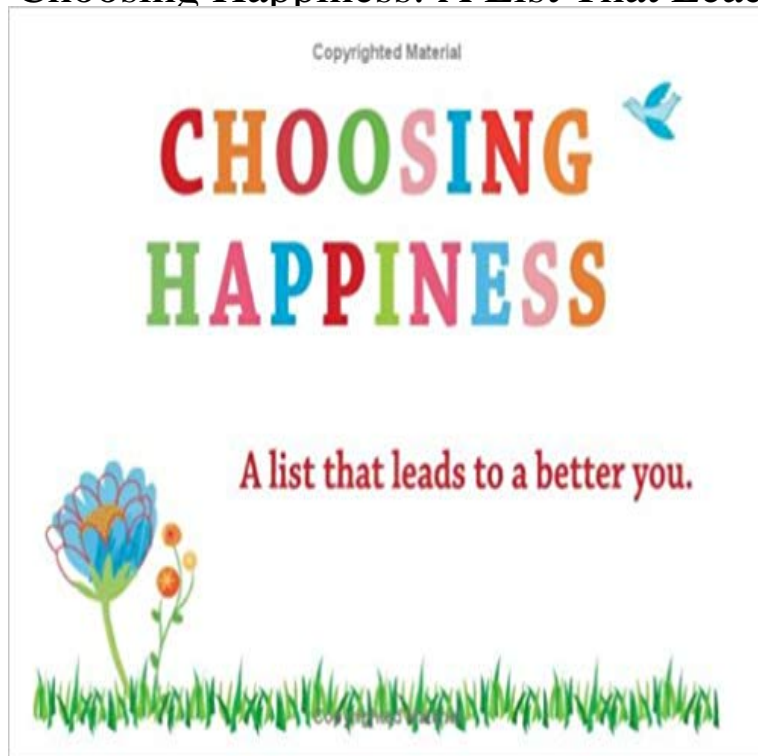


## Choosing Happiness: A List That Leads To A Better You



Hap-pi-ness (noun) : state of well being characterized by emotions ranging from contentment to intense joy. After doing some soul searching, Ive come to realize that the happiness that I experience in my life depends entirely upon me. The list came about in a moment of unhappiness. A moment that made me think deeply about the causes of my sadness, disappointments, grudges & anger. In that moment I made a list, this list, that I promised myself I would read daily and try sincerely to achieve. If you are searching your soul for happiness or searching for the cause of your unhappiness, just look within yourself. I pray this list will help you achieve a deeper level of satisfaction. A deeper sense of yourself and an unmeasurable amount of happiness.

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with improved health and the Self-talk enables you to adjust your behaviors for the better. I am the master of my will to not do something that could cause me harm. **In 2017, Pursue Meaning Instead of Happiness -- Science of Us**

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