



The Road to Happiness Is Always Under Construction: 50 Activities for Creating a Positive Outlook

K. Jeffrey Miller

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Most of us search for happiness thinking that once it is found, it will be a permanent state of being.

Unfortunately, happiness comes and goes. It is cyclical. Despite the hope for constant happiness, it isn't possible. All people have their ups and downs. As the Spanish proverb says, There is no happiness; there are only moments of happiness. Constant happiness isn't the norm. The Road to Happiness Is Always Under Construction is about the active pursuit of those moments of happiness. It is a book of action steps that will help the reader find moments of happiness. It isn't about how to think about happiness but what to do about creating happiness. There may be power in positive thinking, but there is greater power in positive action.

Dr. Miller's book is about the power of positive action in your life. Consider it a 'must read.' ~ Dr Steve Trojanovich

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