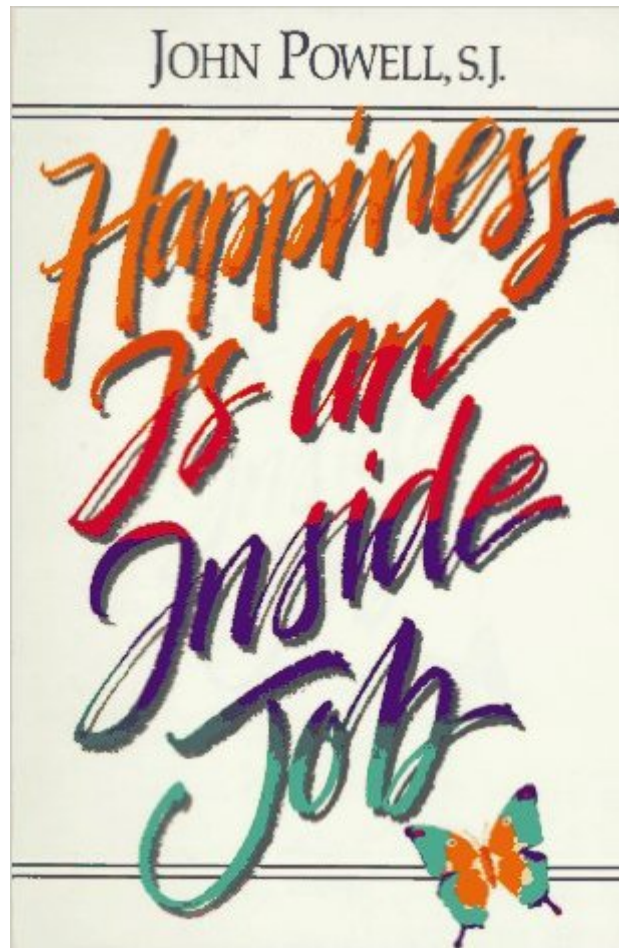


The book was found

Happiness Is An Inside Job



Synopsis

Develop the \"happiness habit\" by practicing ten life tasks outlined by this popular spiritual leader. Pursue happiness by learning to accept yourself as you are, make your life an act of love, stretch out of your comfort zone, and more. A gift of peace, satisfaction and happiness! (Tabor)

Book Information

Paperback: 148 pages

Publisher: Thomas More Association; 1st edition (April 1989)

Language: English

ISBN-10: 0883473240

ISBN-13: 978-0883473245

Product Dimensions: 0.5 x 5.5 x 8.2 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (17 customer reviews)

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Customer Reviews

This book gives you a great insight in what it is important in life and inspires you to take charge of your own life and happiness. It helped me during one of the most difficult periods of my life. I recommend it highly.

I am 19, and this book has opened my eyes so that I know what I want and need to make my life happy. I need to be a whole person on my own. This book is astounding. It is dissected into 10 easily understood categories and each one leaves a lasting impression. After reading this book there is no way you can forget the messages that have become so deeply ingrained in your soul.

This book helped me through one of the toughest times of my life. It made me look at myself in a totally new way, and I came away with such an improved image of myself and my life that I am now truly happy! Something I thought impossible a year ago. I am not a deeply religious person and that is not a necessity even though the author is a Catholic priest. I have passed it on to my children and hope it will give them a positive start on their young lives.

This book is a well written reminder for people who feel the need to always please everyone except themselves. I think we all need to remember to listen to our "adult selves" when making decisions in our lives, big or small. Above all it helps to teach that we have power and control over our emotions and our own happiness. It was a very uplifting book without being a heavy-read! Lisa V.

This book is an excellent one for anyone who wants to take control of their life and be truly happy. The author makes the reader think about what is really important in life and directs one to complete many activities which help you to achieve true happiness. A definite must read!!

Appropriate for anyone high school age or over. Full of revelations about self-image, getting free from "what other people think", learning to love and appreciate yourself, learning to trust yourself, and so much more great stuff we all need to know. You read it and say, "That's so true! How could I have been missing that all these years?!?" Get yourself in good working order and then you might be able to tackle the rest of the world...or live in it anyway, without getting beat up yourself! Easy read, in a day or over several weeks. Lots of food for thought. A life-changing book! Would be great on audio, like to listen to while in the car!

This book helped me through one of the toughest times of my life. It made me look at myself in a totally new way, and I came away with such an improved image of myself and my life that I am now truly happy! Something I thought impossible a year ago. I am not a deeply religious person and that is not a necessity even though the author is a Catholic priest. I have passed it on to my children and hope it will give them a positive start on their young lives.

A pretty good little self-help book that leads us to reflect on what might be hindering us in becoming truly happy. I like the author's recognition, especially in the last chapter, of the importance of the spiritual life, especially prayer. He also has a very interesting discussion of Alcoholics Anonymous and how faith in God is important in overcoming our own psychological limitations and addictions.

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