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By Rico Ituarte

Balboa Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You opened this book, because you were curious about how you can be HAPPY or HAPPIER than what you are now. Well let me tell you right now, DON-T BELIEVE ANYTHING I SAY just apply or do some of the exercises I recommend and IF, just if, you become happier, then start applying and using these principles EVERY DAY. Something inside me from a very young age was telling me that I either wanted, desired, was able to, had to be, had already inside of me, THE POSSIBILITY OF BEING HAPPY. And you too, have the same possibility of being HAPPY. So why am I qualified to write about happiness? Well from my childhood, I started practicing being happy for no reason. I have read books, I have gone to seminars, I have studied NLP (Neurolinguistic Programming; a science of the subconscious mind) and I have practiced what I have learned. Because of the practice of these principles that I am going to describe in this book, I have been able to create happiness moment by moment even in the most...

Reviews

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