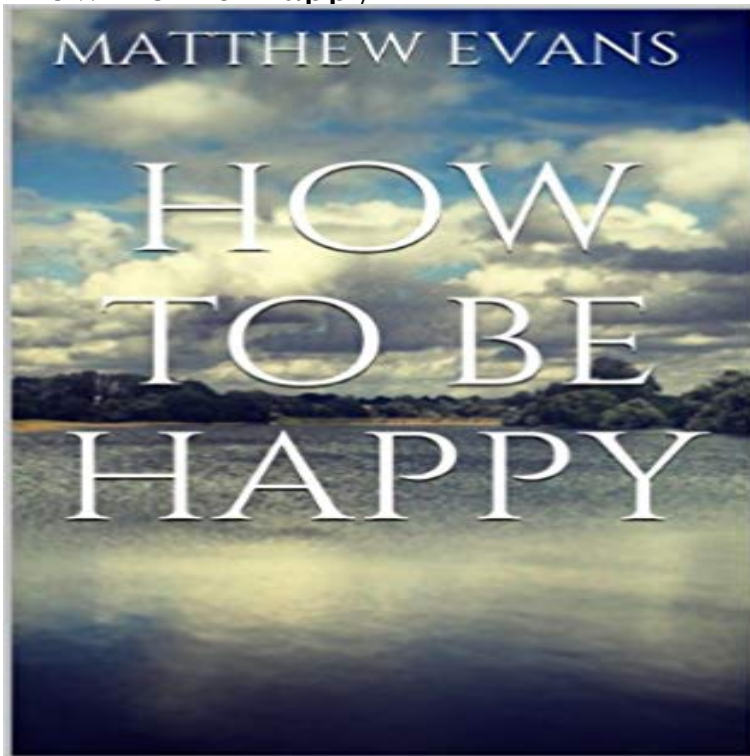


How To Be Happy



I commonly find that a vast majority of people in this world are unhappy. Not people placed into a terrible situation in life but very successful, well adjusted, everyday people that seem to think being unhappy is just the norm. Or perhaps the ambitious ones, the ones who, though not happy right now, promise themselves that they are working towards happiness in some future. This short book provides the foundations and insight into why we are generally an unhappy society, where this tendency comes from and how to go about finding your own simple path to happiness.

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