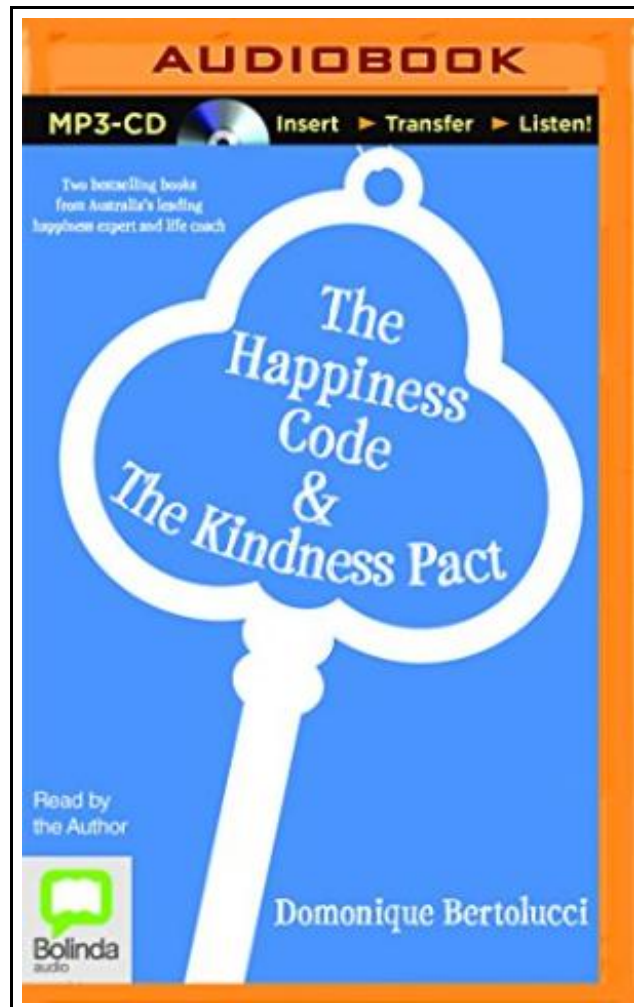


The Happiness Code the Kindness Pact



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(Dr. Kayley Kovacek PhD)

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Bolinda Audio, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. The Happiness Code At some point or other, many of us feel like we re missing something. We look at others and wonder: How is that person so content with their life? What do they have that I don t? These questions are not uncommon and are asked by thousands of people every day. In our hectic lives, we have to spend most of our time focusing on the external aspects: finishing a work deadline; worrying about relationships, the mortgage, the kids it s a wonder we can find the time to sleep! Who takes the time out to relax, reflect, and focus on themselves for a while? There just seems no time for self-discovery in the stead of everything else. The Happiness Code shows you the way to unlock your inner happiness and shed the negative veil you have not only been viewing the world through, but yourself as well. A happy soul leads to a happy life and if you apply these skills to yours, you and those closest to you will be amazed at the difference. The Happiness Code provides listeners with the answer they have been searching for: enduring happiness is not a result of the things you ve done, but the person you ve chosen to be. The Kindness Pact Most people are terribly unkind to themselves. We make harsh judgements on ourselves, engage in endless self-criticism, and are unforgiving of even the smallest of failings. At the same time we can be loving and kind parents, generous and encouraging friends, and supportive and committed colleagues. We give everyone else our best, only to give ourselves our worst. The Kindness Pact introduces readers to the Eight...



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