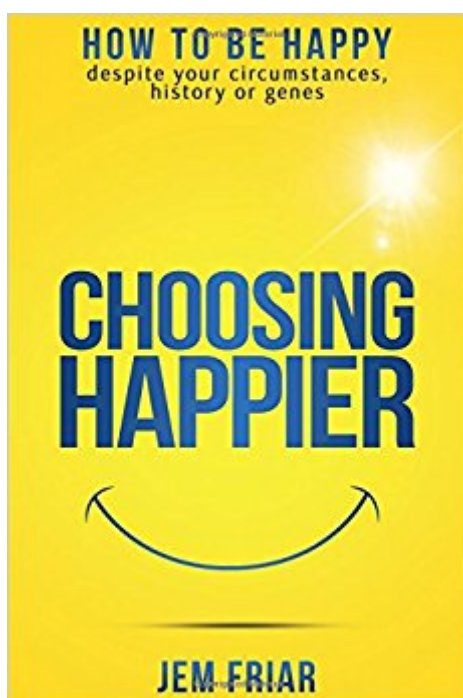


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# Choosing Happier: How To Be Happy Despite Your Circumstances, History Or Genes (The Practical Happiness Series) (Volume 1)



## Synopsis

Choosing Happier is a book about our potential for living a much happier life when we learn and practice some very simple but powerful habits and ways of looking at the world. This book busts the modern happiness myths that assert that we can find lasting happiness through having more money, buying more things, or being famous, successful or powerful. Instead, it provides science-backed, actionable, effective, and simple practices that can make being happier a whole lot easier whoever and wherever you presently are. It turns out that our ability to be happy is not dependent on our circumstances – our degree of happiness is an inside job and something that we can influence and choose! In its essence, this is a book of joy, for it combines ancient wisdom and modern positive psychology, valuable insights into why we have got lost in pursuing happiness but not finding it, powerful but simple practices that make it easy to turn this situation around, and all interwoven with inspiring and humorous quotes about happiness and life. Rather than this book just being an interesting read, it has been written in a way that encourages and enables the reader to actually increase their levels of authentic happiness. The author has even provided tools, MP3 meditations and an online community forum to support readers to make that shift into greater positivity with ease. Being happier is not the only end goal of this book. It has been shown that happier people are more creative, successful, productive, healthy, resilient and they have better relationships too – what’s not to like about these additional outcomes? In the bigger picture, happier people are more content, kind and generous. The more authentically happy people there are around the planet, the better off we all are. If you read this book and do the exercises regularly you will develop empowering “happy habits” that will naturally increase your contentedness and joy, while reducing the time that you spend stuck in negative emotions. Don’t put learning these skills and habits off and remain in unnecessary unhappiness when you could become one of those people who seem to be able to cruise through life’s challenges with a smile on their face. Click the yellow “BUY” button and learn the simple skills that will enable you to choose to be happier now!

## Book Information

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## Customer Reviews

"This is such a great and useful book, full of interesting and inspiring facts and exercises. Anything that stacks the cards in the direction of genuine happiness is good for people and planet and this book is a wonderful contribution. Enjoy!" - Ya'acov Darling Khan (Author & co-founder of Movement Medicine)"It seems crazy that we need to be reminded that happiness is an option, but we do, and this book helps you to stay on track and keep choosing to become happier." - Midi Fairgieve (Author)"I loved the compassionate ethos and the powerful message that runs through this book. It's really inspiring. The way it's peppered with stories and research totally kept me reading. Lots of practical examples and exercises plus excellent additional resources. I'd recommend this to anyone looking to be happier in life." "In essence this book is a gift that keeps giving, allowing you to find happiness within yourself, being kinder and more compassionate towards yourself and others and finding your smile again...I highly recommend this and will be sharing it with everyone I know!"

Jem Friar has a unique and fascinating perspective on life due to having spent 14 years living in numerous countries around the world. He has also spent over 25 years working directly with individuals and groups as an alternative therapist and coach, supporting them to live in a more balanced, healthy and happy way. He has combined his wealth of experience with insights and practices from ancient traditions and modern science to make it easy to live in a happier, healthier and more balanced way.

Happiness is a choice. And the key is to create happiness habits. Choosing Happier is an easy to follow step by step guide that I strongly recommend to everyone who likes happiness and would like

to have more or even more of it. As the Author suggests, this is an excellent book to read and do the happiness exercises with a "joy buddy" or even a group to increase our capacity to choose to be happier. And it's a gem for parents and educators who wish to bring more happiness to their children.

This book is easy to read and practical, I highly recommend it. It contains great advice on how to be happy in this day and age. Choosing happiness is more difficult in these times as we are bombarded with stress, noise, pollution, bright lighting, etc. Jem outlines exactly the steps to take towards a more happy and fulfilling life. I would recommend this book to anyone who is wanting more happiness. Happiness is a choice and Jem outlines how to make those choices.

Great read

Excellent book

I really enjoyed this book on happiness. The big take-away for me is that you don't have to go far to find happiness, happiness is a choice and you can make happiness a habit. Happiness is a topic that many people write about but I don't think I've read it in such a practical, easy to understand and approachable way. The author doesn't focus on psychology, spirituality, philosophy but simple practices and habits you can apply to your life. He takes it out of this abstract/theoretical concept and makes happiness real and concrete which I appreciated. The gift of this book is helping one realize that happiness can be worked on everyday. You don't have to be the Dalai Lama to find happiness. Jem gives you a dozen ideas or more on exactly what you can do to cultivate happiness daily. A good read for anyone wanting practical steps to daily happiness. The blessing practice, 4 gems of joy and the tips on creating a happiness environment resonated with me.

This book is very easy to read and I believe this is because it is well written and well researched by the author. It made me feel a lot more confident about controlling my own life just by forming new habits. When I reflected on the contents of this book I realised that I had actually formed three new habits several years ago which made a huge difference to how I felt but I never thought of it as 'new habits' until I read this book. I love the practical exercises and in particular chapter 11 which guides the reader through a 30 day challenge (jumpstart your joy) by introducing two simple routines in your life and the end result could be an amazing transformation. It makes you realise that the simple

things are what really matters and happiness is within all of us. I highly recommend this book.

I am happier at work since reading this book - it reminded me that being happy isn't only something that happens to us by chance, but something that we can make a difference to. This book is an easy and engaging read, offering multiple ideas and exercises to encourage and support the reader in integrating positive attitudes into one's life. It's not an exact recipe for happiness but rather offers clear steps to make the changes that will allow things to shift from within. By shifting my attitude to a work team member, a shift came about in the whole team - we work better together and are all happier for it!

The idea that happiness is a 'choice' we can make is so empowering. This book gives the reader every bit of support and help to weave daily practices into your life so that choosing happiness becomes natural to you without having to think about it. I read this book in a day as it is a superbly readable book, but it will be my 'go to' reminder for a while to come as it's filled with advice and supportive exercises to keep you on track. It seems crazy that we need to be reminded that happiness is an option, but we do, and this book helps you to stay on track and keep choosing to become happier.

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