

HOW WE CHOOSE TO BE HAPPY



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Choose to be in environments and around people that increase your probability of happiness. The persons who become the happiest and grow the most are those who also make truth and their own personal growth primary values." In short, we may be born with a happiness "set point," as Lykken calls it, but we are not stuck there.

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HOW WE CHOOSE TO BE HAPPY. Rick Foster and Greg Hicks Foster and Hicks were corporate consultants became fascinated with the people they encountered who

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What if we could choose between being happy or unhappy, what would it be? It sounds like a silly question cause everyone would choose to be happy right.

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'Mr Bashful, many people say we can choose to be happy. Is that true?' Of course it isn't. We don't choose the emotions we feel. If we could simply choose

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Every day, we go through many similar incidents. Some of them are easy to deal with, some are a bit unpleasant, and some are annoying, disturbing and sometimes, unbearable. You need to make a choice. You need to make a choice and stand by it, to accept to be unhappy or to choose to feel happy. You can choose to dwell on an unhappy event all day long.

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How We Choose to be Happy The 9 Choices of Extremely

Who among us is truly happy? And more importantly -- how did they get that way? What are the secrets of happiness? Which traits or habits do happy people share?

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