SMILE FOR NO GOOD REASON: SIMPLE THINGS YOU CAN DO TO GET HAPPY NOW

Building on the work pioneered by his father, Dr. Gerald Jampolsky, the author shows how Attitudinal Healing will give readers the happiness they seek without changing the amount in one's bank account, spouse, job, status, or religion. The only thing readers need to change is that over which they have complete control--their attitude. As Jampolsky writes, nothing needs to change in your life situation or the world...



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This book helped to put very basic life tasks into perspective. Great daily read!