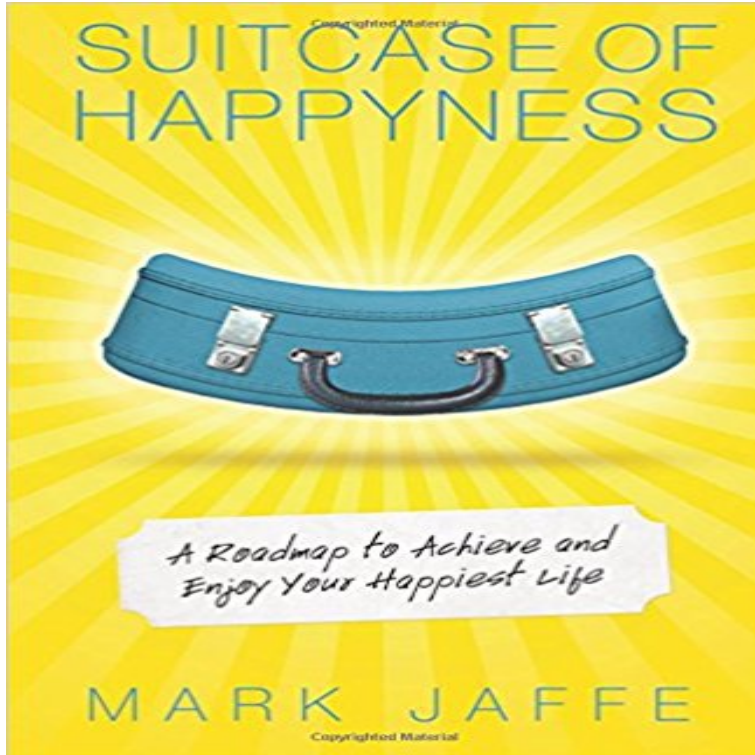


Suitcase of Happyness: A Roadmap to Achieve and Enjoy Your Happiest Life



Can you honestly say I'm a happy person? Think about it - you've worked hard, you've had great results, you have people that love you, you're a good person. Why does it still feel like something is missing? What would it be like to just be happy and feel good every day? Happyness is a new way to feel, a new way to live. A state of being that lasts and endures. In *Suitcase of Happyness: A Roadmap to Achieve and Enjoy Your Happiest Life*, Mark Jaffe will show you how to achieve contentment and satisfaction and peace, with an everyday state of being that includes pleasure, fulfillment, and meaning. You will learn how to move from the disappointment of life not showering you with the happiness you always wanted, to the gratitude and appreciation for the happyness you can now experience, and that is yours to keep. You will be able to take yourself from the feeling of lacking something, to a new place that feels complete and whole and rich. A new place that offers joy and elation and bliss and delight along with calmness, serenity, congruence, and harmony. In other words, a place that just simply feels good! It doesn't matter how old you are or how much money you have. It can be yours even if your obstacles are in your head. Or you feel them in your body. There are real and practical ways to be happier. They are easy to do. They work. Mark will take you down the ten pathways you can follow as you pack your suitcase of happyness and take it with you on the road of life. Your happiest life is waiting for you.

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