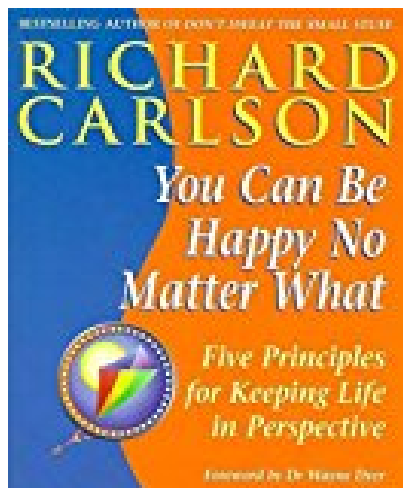


You Can be Happy No Matter What Five Principles for Keeping Life in Perspective



BOOK DETAILS

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BOOK SYNOPSIS

Identifies five principles of psychological functioning that can act as guides to help individuals reach a natural state of serenity or happiness, including thinking, moods, separate psychological realities, feelings, and the present moment.

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