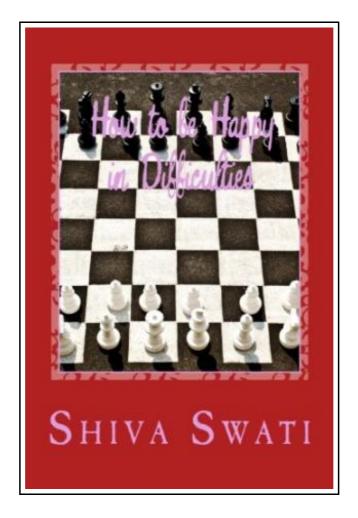
# How to Be Happy in Difficulties: Creation of Happiness: Purpose of the Soul, Part 1 (Paperback)



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## **Reviews**

This book is very gripping and fascinating. Yes, it is play, nonetheless an interesting and amazing literature. I found out this ebook from my dad and i recommended this pdf to discover. (Lavada Nikolaus)

# HOW TO BE HAPPY IN DIFFICULTIES: CREATION OF HAPPINESS: PURPOSE OF THE SOUL, PART 1 (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You don t have to walk on roads which have been walked on before, because they may not lead you to where you want to reach. You have the power to create your own road, the road which no one has ever walked before In your process of discovery, you may get misdirected sometimes; yet, if you love yourself and trust in the universe, you are going to find the right track sooner or later. This book simplifies spirituality and meditation so that positive thinking can be practiced as a routine mental habit to feel happy like physical exercise is practiced to feel healthy. The book gives self help exercises which work each and every time like a mathematical formula does if applied correctly. This book addresses the WHYs and HOWs of what happiness means? What is wrong with our mind conditioning which makes us choose stress, addictions and negative thinking over being free, peaceful and happy? How can we change easily without feeling crucified by performance targets? How can we make it as simple to learn to be happy to heal an unhealthy life, as we learn to exercise to slim an unhealthy body? We find the KEY TO HAPPINESS by applying practically the Energy Resonance theory. Happiness as an energy follows the Laws of Vibration. Health and happiness in everyday life increase by using the simple practices given. The book shows how we can overcome difficulties by aligning energy frequencies of the soul, body and mind. It is deciphered how we carry over survival instincts from our animal ancestors but animalistic success fails to make us happy because we are no...

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