



Happiness from the Inside Out: The Art and Science of Fulfillment

Robert Mack

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Many think that happiness, like success, comes from getting what they want. But new evidence from positive psychology suggests that happiness is something else, or at least something more. Presenting surprisingly practical wisdom in a playful and entertaining format, Rob Mack delivers a simple-to-follow instruction manual, based in both science and personal experience, for living a happier, healthier, and wealthier life, starting today.

Mack describes eight tried-and-true principles for realizing unconditional happiness and achieving the unparalleled success that comes with it. With a little effort, anyone — regardless of current circumstances — can discover new levels of joy and contentment on the inside and live a wonderfully prosperous and abundant life on the outside.

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