



## Happiness Is Just a Bowl of Choices

By Lisac, Ctrtc Michael Rice

Paperback. Book Condition: New. Paperback. 128 pages. Happiness is a state of mind that everyone seeks to attain and maintain each and every day of their life. All of our daily behavior serves the purpose of acquiring that happiness. We have certain basic genetic psychological needs and in order to achieve happiness, we are hard-wired to seek to have these needs met. If not achieved, a person will develop any number of creative behaviors in an attempt to get these needs met or to compensate for their absence. It could be stated that the struggle for happiness is the driving force behind what may be considered to be normal, as well as abnormal, behavior. Happiness Is Just a Bowl of Choices explains how we process information; how External Control Psychology is behind the majority of all unhappiness; the Seven Deadly Habits that destroys relationships; Our Quality World; Our Five Basic and Genetic Needs that motivate all of our behavior; the Creative Mind; our Behavior Systems; Total Behavior; and finally, the three ways to resolve all unhappiness and conflict in ones life. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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