



## Reason to Be Happy: Happiness (Paperback)

By Chris Adalikwu, Dr Chris Adalikwu

Createspace, United States, 2011. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We do have every reason to be happy. We convince ourselves that life will be better once we are married, have a baby, then another. Then we get frustrated because our children are not old enough and that all will be well when they are older. Then we are frustrated because they reach adolescence and we must deal with them. Surely, we ll be happier when they grow out of the teen years. We tell ourselves our life will be better when our spouse gets his/her act together, when we have nicer car, when we take a vacation, when we finally retire. The truth is that there is no better time to be happy than NOW. If not, then when? Your life will always be full of challenges. It is better to admit as much and decide to be happy in spite of it all. For the longest time, it seemed that life was about to start. Real life! But there was always some obstacle along the way, an ordeal to get through, some work to...



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