



# How We Choose to Be Happy: The 9 Choices of Extremely Happy People--Their Secrets, Their Stories

*Rick Foster, Greg Hicks*

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## **How We Choose to Be Happy: The 9 Choices of Extremely Happy People--Their Secrets, Their Stories**

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Now featuring new research and the most current information on the science of happiness, this book presents an outline of the nine choices happy people consistently make.

Also included are tools for self-assessment to allow readers to measure happiness-and to find out what might be holding them back from having more of it. Insightful, intimate, and inspiring, **How We Choose to Be Happy** lets readers learn by example, and take substantial steps toward joining the ranks of the extremely happy.

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