

# Switch On Your Brain The Key To Peak Happiness Thinking And Health

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this book is a personal experience of a seeker who climbed all the three peaks of happiness he shares his journey and shows you the way to the third and ultimate peak of happiness

the whole world is seeking happiness but not many of us know that there are 3 peaks of happiness the first peak is achievement which promises us only pleasure which is fleeting the second peak is fulfillment where we live a life of peace and bliss but on these two peaks we still suffer the third peak of happiness is enlightenment and it is on this peak that we are truly happy this book will lead us to the third and ultimate peak of happiness enlightenment it will show us how to discover our life s purpose and how to live blissfully moment by moment in divine consciousness with eternal happiness divine love and everlasting peace don t miss to read the second edition of the book

who doesn t want to be happy the whole world is seeking happiness but is everybody happy people experience waves of joy and sorrow one moment they are glad but the next they are sad why can t we be happy all the time let s start a journey to discover this new secret of eternal joy and peace

dr stevens research identifies specific learnable beliefs and skills not general inherited traits that cause people to be happy and successful

so you think you are the person in the mirror that time should be put to use savagely that happiness is elusive and goals

are best achieved by extracting from nature hang on in fact hang your views upside down for a counter perspective where your closest representation is the universe time is best utilized not when filled in but when emptied out where mere aligning with nature secures your goal where happiness can be bred in your backyard where inverted won t just yield a better view it will enhance your life too

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