



## Deep Happiness: The 8 Secrets (Paperback)

By Dr Gil Stieglitz

Principles to Live by, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It's official, study after study in the field of positive psychology is telling us what the Bible has said for 2,000 years. The keys to being deeply happy are eight key qualities. The happiest people. 1. Are grateful, teachable, and humble 2. Have processed their mistakes, wounds, pain, and losses 3. Have developed impulse control and use their emotions to fuel and enjoy life 4. Pursue their dreams and positive purpose with diligence 5. Are forgiving, non-judgmental and gracious 6. Think positive, beneficial, constructive thoughts rejecting unethical, and selfish thoughts 7. Savor each day, harmonize with the people around them, and do not attack others 8. Set boundaries for themselves and others and sacrifice to protect those boundaries. The problem with the above list is that we don't believe the studies and we don't really want any of these qualities. We still think that the key to happiness is money, power, popularity and/or pleasure. But true long lasting happiness is from the inside out. I believe that God wants our best even...

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