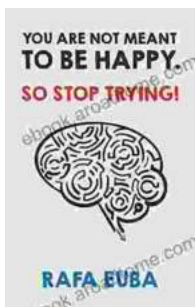


You Are Not Meant To Be Happy So Stop Trying: A Revolutionary Approach to Fulfillment



You are not meant to be happy. So stop trying.

★★★★☆ 4.6 out of 5

Language : English
File size : 720 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 165 pages
Lending : Enabled



In this groundbreaking book, acclaimed author Dr. Susan David argues that the pursuit of happiness is actually making us miserable.

We've been told that we should always be happy, that happiness is the ultimate goal in life. But what if that's not true? What if the pursuit of happiness is actually making us more anxious, depressed, and stressed?

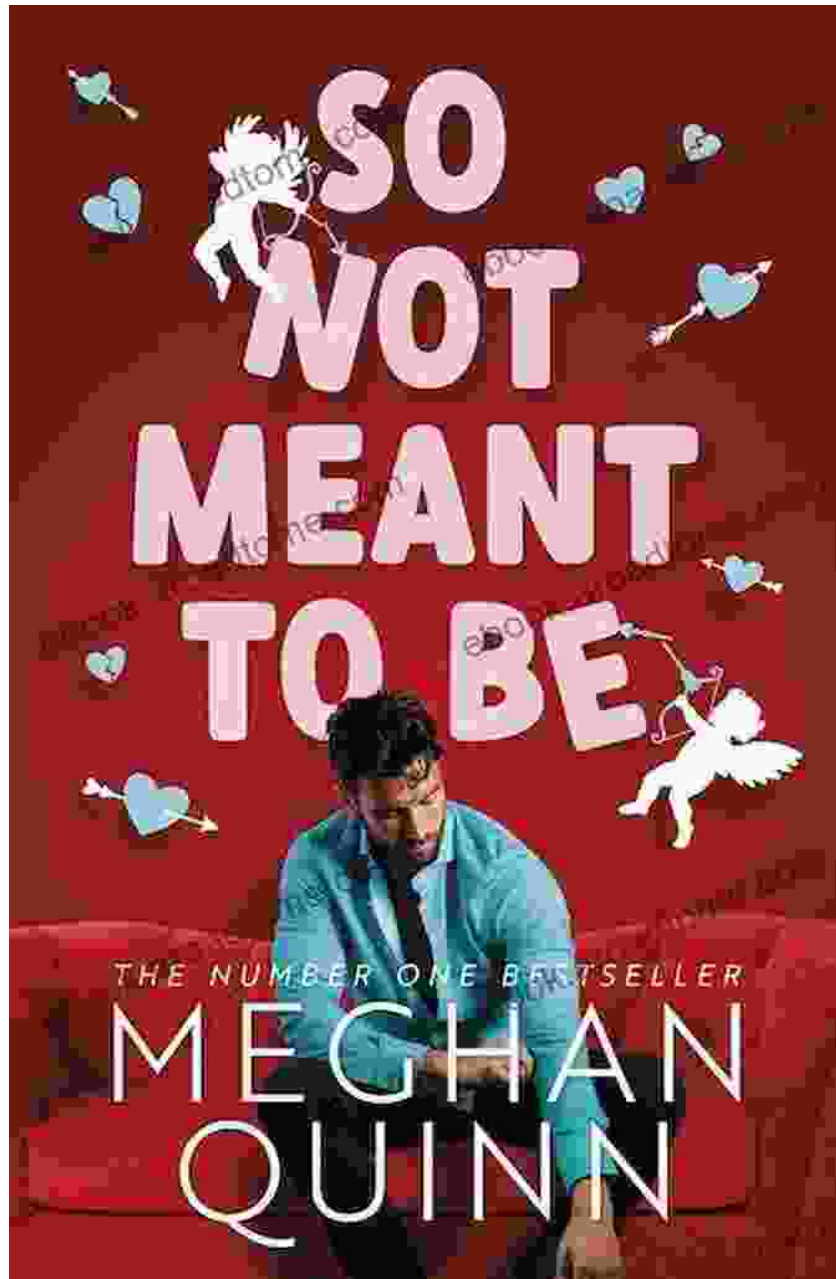
Dr. David argues that the key to fulfillment is not to try to be happy all the time, but to accept that life is full of both good and bad moments. It's about learning to cope with the difficult times and to appreciate the good times when they come.

She offers a revolutionary approach to fulfillment that will change the way you think about yourself and your life. This book will help you to:

- Understand the science of happiness and why the pursuit of it is making you miserable
- Learn to cope with difficult emotions and experiences
- Appreciate the good times in your life
- Find fulfillment and meaning in your life

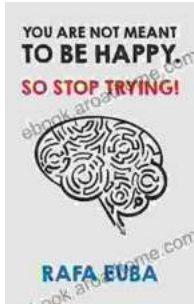
If you're tired of feeling like you're never good enough, if you're always chasing after happiness and never seem to catch it, then this book is for you. Dr. David offers a new way of thinking about life that will help you to find true fulfillment.

Free Download your copy of *You Are Not Meant To Be Happy So Stop Trying* today!



About the Author

Dr. Susan David is a psychologist and author who has dedicated her career to helping people find fulfillment and meaning in their lives. She is the founder of the Institute for Coaching at McLean Hospital and a professor of psychology at Harvard Medical School. Dr. David has written several books, including *Emotional Agility* and *The Upside of Stress*.



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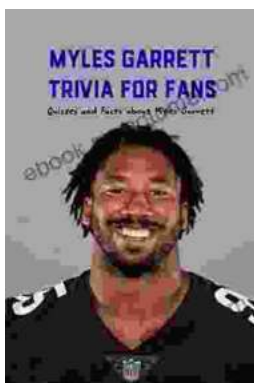
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