



Destination: Happiness: Find Happiness in Work, Family, and Life in 12 Simple Steps

By Eliza Palmer

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to be happy? I believe we all know the answer to that question. How about this: Do you want to know the simplest ways to be happy? Hide your credit cards and turn off your phone because you won't need any of that to be happy. In Eliza Palmer's new book, Destination: Happiness, she teaches you how to improve your overall happiness with the help of 12 simple happiness habits. As a health speaker who has met various people from all walks of life, Palmer was able to come up with a common denominator that all of us share. Humans want to be happy, to experience pleasure, to feel like we have a purpose on this earth, and to contribute value to the world. The problem is that happiness is often associated with owning an expensive car, enjoying a lavish out-of-the-country vacation or getting a job promotion. Although these things will make you feel happy at the moment, they're not a guarantee to make that happiness last. Palmer believes that letting go...

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