

**INSTANT HAPPINESS (BEST VALUE)**

Cathleen Mcclory

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## Looking Beyond the Instant to Find Happiness | Mark Wildes | The Blogs

Money can't buy me love, The Beatles sang, and the best things in life are claims to have established that happiness is really quite cheap.

## 50 Things to Put You in an Instant Good Mood | Glamour

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Your eyes. This book is a great reminder of how to take control again! Dolan says he finds happiness in his work, going to the gym, evenings out with friends, having new experiences, talking to taxi drivers... What makes him unhappy? Studiesshowthatthemoreyouputthingsoff,themoreanxiousyou'llfeelabout. Yet deep, abiding happiness and joy elude so many people. In the West, and certainly in America, we are proud of the freedoms we enjoy and feel privileged to live in an open society, but because we lack a higher wisdom to tap into for moral and spiritual direction, we feel trapped. You'dbeforgivenforfindingthisallalittlebitconfusing.Loadingnewfile of our happiness is under personal control.