



Resisting Happiness

Matthew Kelly

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A true story about why we sabotage ourselves, feel overwhelmed, set aside our dreams, and lack the courage to simply be ourselves... and how to start choosing happiness again!

Are you happy? It may be the wrong question. Most of us think we are relatively happy, while at the same time knowing that we could be happier -- maybe even a lot happier. Ordinary people and the finest philosophers have been exploring the question of happiness for thousands of years, and theories abound. But this is not a book of theory. *Resisting Happiness* is a deeply personal, disarmingly transparent look at why we sabotage our own happiness and what to do about it.

Are you overwhelmed? Do you procrastinate? Do you sometimes feel like you are your own worst enemy? Are you ignoring your dreams? Have you lost the courage to truly be yourself? Do you feel that your life lacks meaning and purpose? Do you find yourself avoiding the real issues in your life and focusing on the superficial?

We all experience these feelings and doubts from time to time. But do you know what to do when you experience them? In this fascinating book, Matthew Kelly, uses his signature combination of the profound and the practical, to help us understand why we feel these things and how to rise above them. Breaking through resistance, Kelly tells us, is essential to becoming the-best-version-of-ourselves and living with passion and purpose.

What is resistance? It's that sluggish feeling of not wanting to do something that you know is good for you. It's the inclination to do something that you unabashedly know is not good for you. It's the desire and tendency to delay something you should be doing right now.

It is resistance that stands between you and happiness. In these pages you will learn not only what it is, but how to recognize and conquer it in your own life.

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David Ochoa:

Have you spare time for the day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a stroll, shopping, or went to often the Mall. How about open or perhaps read a book allowed Resisting Happiness? Maybe it is to be best activity for you. You realize beside you can spend your time with your favorite's book, you can better than before. Do you agree with it has the opinion or you have other opinion?

Linda Pinkerton:

In this time globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher that print many kinds of book. Typically the book that recommended to your account is Resisting Happiness this guide consist a lot of the information from the condition of this world now. This kind of book was represented how do the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. Often the writer made some analysis when he makes this book. Honestly, that is why this book ideal all of you.

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