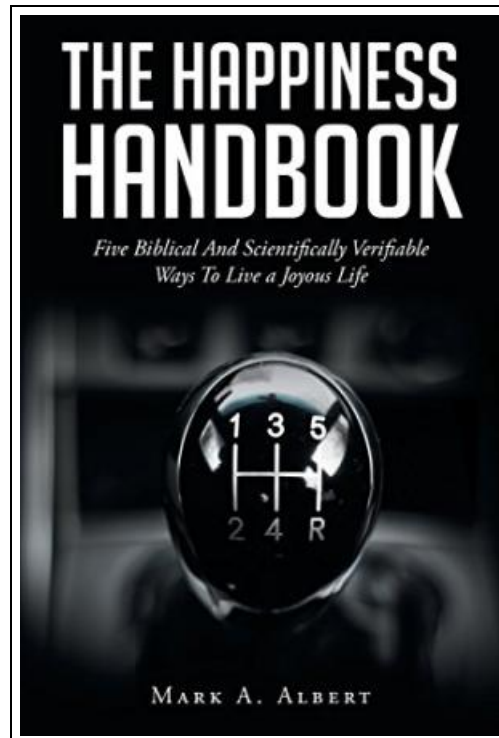


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Christian Faith Publishing, Inc., 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Happiness, for many, seems as elusive as a snow leopard in the Himalayan Mountains. But within this handbook, a simple research paper, we will find that a joyous life is not a pipedream; it is within our grasp. Mark A. Albert reveals this truth when he compares what the Bible says about happiness, to insights from a multitude of current, peer-reviewed studies. An ancient text and modern scientific knowledge are juxtaposed to bring hope to those battling discouragement. The Happiness Handbook pulls back the curtain, allowing us to see that, with a few simple adjustments, we can reset our physical, emotional, and spiritual systems back to the original factory specifications of health and wellness. When we reboot the mechanism, it will activate our built-in, happiness response. This joyous lifestyle, however, does not simply fall into our lap. We must be actively involved in the process. We must make some conscious choices. How, exactly, are we to become involved in resetting our systems? What conscious choices must we make to reboot the mechanism? In a unique twist, Albert reveals that we are like a five-speed manual transmission vehicle. Each gear is precisely designed to increase our momentum and trigger happiness within. As we shift from one gear to another, a joyous life will unfold before us, and despair will become a memory, disappearing in our rearview mirror. With the wind in our hair and joy in our heart, we will navigate the highway of life with a newfound happiness.



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