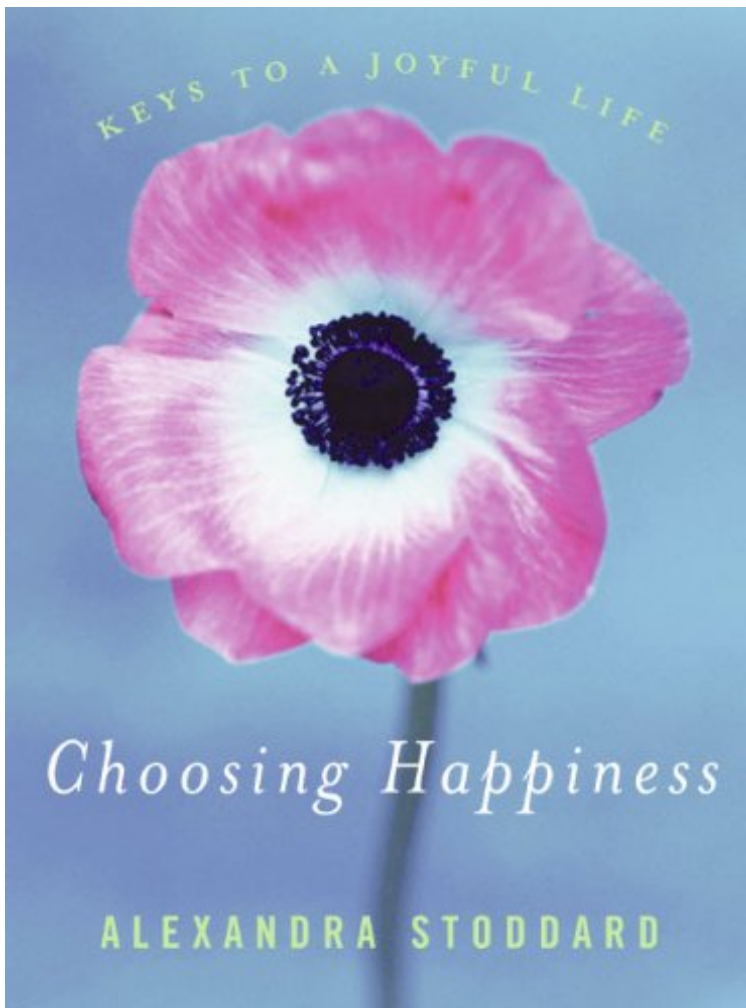


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Choosing Happiness: Keys to a Joyful Life



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Description :

Prsentation de l'diteurBased on her more than thirty years as a noted thinker and speaker on personal contentment, Alexandra Stoddard shares what she has learned about the small but significant changes you can make to be happier day by day.A fun first step: quickly write down ten words that define who you areperhaps beaches, family, food, homeand what else? This and dozens of other inventive ideas will help you pursue happiness wisely and well.In challenging times, it is easy to question whether happiness is a choice. Alexandra Stoddard affirms that not only is it possible to choose happiness but that happiness is the best choice we can make. It is the "first principle" of life that unites humankind because it is what we all desire.Happiness lies in the passions we pursue and in the pressures we decline. It is in knowing how to work and when to play. It is in the treasured objects we keep nearby and in the ordinary moments we elevate into small celebrations. It is in the note we write to a friend and the kindness we show a stranger. Happiness is what you make it, where you make it. Happiness is our best choice.Prsentation de l'diteurBased on her more than thirty years as a noted thinker and speaker on personal contentment, Alexandra Stoddard shares

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Biographie de l'auteur
Author of twenty-four books, Alexandra Stoddard is a sought-after speaker on the art of living. Through her lectures, articles, and books such as *Living a Beautiful Life*, *Things I Want My Daughters to Know*, *Time Alive*, *Grace Notes*, *Open Your Eyes*, and *Feeling at Home*, she has inspired millions to pursue more fulfilling lives. She lives with her husband in New York City and Stonington Village, Connecticut.