If you want to be happy, be

It's probably fair to assume that most people desire to be happy. They wish to take pleasure in their presence in this world. They wish to feel joy in their hearts. However, to be happy is a challenge for far too many individuals. They struggle to find happiness in their lives.

To commemorate this year's International Day of Happiness, take a moment to reflect on how fortunate you are. Most of the time, we should strive to be contented with what we have. Unfortunately, this mindset has unfortunately become the norm for many people. Today is an excellent time to reacquaint yourself with the positive aspects of life and find reasons to be grateful.

Happiness does not appear out of nowhere. It must be sought after, cultivated, discovered, and constructed from the inside out. It is a choice. It is a state of mind. It is a conscious decision made in one's mind. The choice to be happy.

However, by reading up on topics such as well-being, mindfulness, and other techniques to reconnect with what's most important in life, you may find yourself with a more positive outlook on life. Check out these self-improvement books from The Regency Publishers.

Available on Amazon

The Patchwork Pig and Other Stories

Julia Carroll

Author's granddaughter's love of pigs inspired the patchwork Pig. She has written many stories that will remind you how important your family is or how you should protect them.

Available on Amazon

Life of a Bondi Girl

Fiona Carpenter

Fiona Carpenter perceives what really matters in living. Through her own challenges, she has come to appreciate how the continuously gives her room to continue the lives she has been fortunate enough to create.

Available on Amazon

The Magic Friendship Fairy

Maggie Taylor-Saville

The book is a story of a child's own experiences. All in different shades and sizes and how they came to be in holes and it's friendship fairies.

Available on Amazon

Choices, Changes and Friends

Alice Parker

This published, totally true memoir, a fan called a tattoo of parody of love & the city, with names of its characters changed, is about the choices, changes, and friends they only had each other for solace to celebrate their lives and quite humbly looked for love.

Available on Amazon

Don't Ask Me How I Feel – I Have MS

Stephen F. Knapp

A true story about the author's struggle with multiple sclerosis (MS) and the events, symptoms, emotions and perceptions he has endured and came whimsy stories. Stephen F. Knapp has written a number of books

Available on Amazon

Pleasant Ridge Plantation

Robert E. Hunnewell

This book tells how the Hunnewell ancestors got their start in America, how they lived, and how they met their responsibility to tame the "ancient marshes" around Wilson Lake and the route created - now Wilson Lake.

Available on Amazon

Marriage Cardiology 101

Minister Jeff Mathews

In marriage, God has given us the opportunities to multiply ourselves for His glory. We are rewarded by God's hand and heart to live blessed as we make our lives, our marriages & our families His.

Available on Amazon

A Slip of The COG

Randall C. Van Hartman

Rachel Copp is a.k.a. Reverend Rachel Madrona takes a harmless encounter overnight from the cyber-sphere to places. Along the way, he enlists the help of an elderly protégé of mine and a homeless man.

Available on Amazon

Kazungu: Awakening of the Ancestral Curse

Markus L. Lukusa

In a village filled with war and mystical creatures, Kazungu's journey to find his father takes him to the world and to come his dark side. During his journey he meets a Mermaid and gets tangled up in a love triangle.

Available on Amazon

Your Costly Blood Covenant

Joel Cupps

Learn and dive into the blood covenant and receive the revelation of the covenant that God has made with you. Neither do we longer see ourselves as worthless, rejected, and unloved but we have been completely erased by the blood of Jesus.

Available on Amazon

Calling Men Out Of The Cave

Nigel F. Mohamed

In this book the author wants to address father's absence, but the cause so much greater heartache, too. he would want the world to be freed of. consequences.

Available on Amazon

Reminiscence

John McAuley

Reminiscence is a work of fiction based on the Mckenzie brothers' perceptions who embark on Australia's Big Trip. Their adventures are unforgettable as they meet the locals, Andrew Mckenzie, and his connection with the horses who call him Mac.

Watch it on Youtube

Privacy Interrupted

Paulie J. Johnson

Book Promotional Trailer

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