

Download In The Spirit Of Happiness

Chapter 3: Cultivating an Attitude of Happiness and a Spirit of Optimism-Teachings of Presidents of the Church: Gordon B. Hinckley

The world needs happier people â€” happier people are kinder, more altruistic, are fairer, more co-operative, more collaborative, healthier, wealthier, and are less self-focused and more other-focused. Have you ever taken a test to measure your happiness? Curious to know how you stack up? Take this to get your on-the-spot happiness rating, plus 10 ways to increase your happiness right now. The Be Happy Index (or BHI), is a test used during Dr. Robert Holden's eight-week Be Happy program, which was I would do anything in the world for his happiness, poor old chap. There is world enough for all to seek their happiness in their own way. Well, even if we were, we've no right to get our happiness out of her suffering.