



Project Happiness: 9 Keys to Creating Extraordinary Happiness

Daniel S Acuff Ph.D.

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Most all other books that deal with happiness are random good ideas of authors. Project Happiness in contrast draws from research on happiness as well as the author supplying exercises and techniques to increase and sustain happiness. For example, the author has identified six types of happiness: Genetic, Learned, Situational, Declared, Created and Happiness as a State of Being. When you finish with Project Happiness you will have a variety of insights and tools for truly creating extraordinary happiness!

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