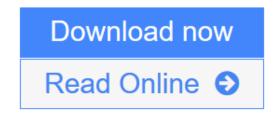


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Every day, people all over the world work, play, earn, and save in the search for happiness, but often they find themselves falling short. So how can a person find true happiness-and if they've already got it, could they be even happier? The Happiness Project answers these and many more questions, using a remarkable experiment that you can try yourself.

The Happiness Project is a book with the versatile tools you need to discover the path to true and lasting happiness. Here, you'll learn to conduct your own versatile experiment, creating resolutions that will change your life and increase your happiness in a way that is unique and tailored to you.

You will learn:

 \cdot How being motivated by achieving goals is hindering your happiness

 \cdot Why new experiences make us happier than old ones

 \cdot How to create a happiness project that's customized to your personal needs.

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