



Prescription for Happiness

Eric Dinyer

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Dr. U. Phoria suggests you "Read quotes daily, review, and contemplate." That's easy to do with quotations such as the Dalai Lama's, "If you want others to be happy, practice compassion. If you want to be happy, practice compassion." Flipping through the prescription pad of *Prescription for Happiness*, you'll find over thirty of Dr. U. Phoria's prescriptions: quotations, pieces of advice, thoughts, and reflections on happiness from throughout the centuries.

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