



Happiness Is a Choice

Barry Neil Kaufman

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Barry Kaufman demonstrates clearly and dramatically, that the potential for happiness is inside each of us. He and his wife have observed that people who are most successful in finding happiness share certain traits. And he has used these traits to create six Shortcuts to Happiness that you can begin using immediately. Kaufman demonstrates clearly and dramatically how to make the choice by making love a viable, vital, useful force in our daily lives.

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