

Chapter 1 : HAPPINESS IS A CHOICE YOU MAKE by John Leland | Kirkus Reviews

*Happiness Is a Choice* has ratings and 29 reviews. Skylar said: *In the event that a family member is depressed, and he doesn't feel bad enough already.*

My reading this book paid off with immediate dividends when application of a passage at the beginning helped me end a tiff I was having with my then-girlfriend. Recognizing this reality worked nicely in my own particular circumstance, and for that I was grateful. However, while delving deeper into the book, I soon discovered a major recurring problem: But since there is some very valuable information within the pages of "Happiness Is A Choice," I would on the whole recommend the book while cautioning readers to be alert for concepts that get stretched too far. I also found the shortcuts to happiness that begin on page to be quite useful, but unfortunately routinely overstated. I would agree that happiness should be "A" priority, but making happiness "THE" absolute priority in all circumstances, as the author suggests, is untenable. If, for example, your beloved pet gets crushed by a bus, should you prioritize your happiness at that very moment and look on the bright side, or go thru the process of tending to the remains, grieving the loss, and later making it a point to return to the pursuit of happiness? For the author, the former approach is preferable. For me, the latter would be more natural and valid. The second shortcut stresses the importance of maintaining "Personal Authenticity" and I would most certainly agree with that. As the author states, "We often uphold standards without questioning them" page Not a wise approach, to be sure! However, the suggestion that we "allow ourselves the full expression of who we are" page essentially nonstop in every single circumstance, is too unwieldy to be taken seriously. Kauffman then goes on to chastise psychotherapists "who claim we are victimized by the dictates of our unconscious and subconscious mind" page Can there really be any doubt that psychotherapy has helped many many people? Not a bad idea to become less judgmental. Apparently so, for Mr. As an example, he writes, "My employer fires me without notice This can be my chance to re-evaluate who I am and what I really want. Go home to your spouse and say, "Great news, honey! I got fired today! The fourth shortcut is "Being Present," and again the author stretches his concept beyond the bounds of credibility. Yes, of course, it can be very uplifting to "stay in the moment," like "When playing with a child, we can jump into the game with total enthusiasm, allowing our spontaneous, curious self to surface. When exercising, we can focus on each muscle and each movement, attentive to the miracle of our bodies and our abiding desire to make our bodies work healthfully" page But what if the moment involves a truly negative experience, like breaking your ankle as you slipped going down the stairs? Should we jump into the pain with enthusiasm? Or should we perhaps prioritize seeking medical attention? I very much liked the fifth shortcut. The author writes, "To be grateful means not only to delight, enjoy, and appreciate, but also to recognize simultaneously the blessing and the wonder of an experience. In such moments there is only happiness Whenever we think we have lost our way or have noticed joy to be absent from our daily endeavors, we can look around and find a host of things, events or people to appreciate " pages A very practical and powerful technique, I have found. The author advises that we simply "choose our beliefs and feelings" to create our own happiness page but I would suggest that at times, our beliefs and feelings are accurate and to change them is to create a dangerous illusion. This point, in fact, is my main objection to Mr. If I am severely underweight due to anorexia and am unhappy about that, should I change the belief in between the stimulus anorexia and the response sadness from "Anorexia is a serious and potentially fatal illness that needs to be addressed, and I look horrible," to "Anorexia is fine and I am perfect just the way I am? Kauffman philosophy, the answer could lead one to say, "Yes, do change that belief, because it is the belief that is making me unhappy, and happiness is THE top priority. Nor can I accept the idea that in between a stimulus and a response, there is always a belief that needs to be changed in order to secure your happiness. Finally, as a person who highly values truth and the pursuit of truth, I find myself at odds with Mr. To be sure, if one is to accept as true the wondrous anecdotes the author presents about himself and his family, he has had phenomenal success with his "happiness first and foremost" approach. More power to him! But for me, the search for truth is an important endeavor whether or not the knowledge gained ultimately makes me joyous. And I firmly believe that it is crucial to be true to oneself. I

continue to apply some of the valuable principles in the book with success, and will readily admit that I am a happier person as a result. On that basis, I would recommend reading "Happiness Is A Choice" but with the caveat that readers need to be aware that the author often extends the application of his "happiness first and foremost" philosophy beyond the bounds of reason, logic, and common experience--it is this aspect of the book which tends to significantly devalue the work as a whole.

Chapter 2 : NPR Choice page

*Happiness Is A Choice affirms the unlimited potential of the human spirit and offers hope to those who have been challenged by adversity." -- Coretta Scott King, President/CEO of the Martin Luther King, Jr. Center for Nonviolent Social Change.*

Finding minimalism in a world of consumerism. They are not held hostage by their circumstances and they do not seek happiness in people or possessions. Research in the field of positive psychology continues to reinforce this understanding. But simply knowing that happiness is a choice is not enough. Fully experiencing it still requires a conscience decision to do so each day. How then might each of us begin to experience this joy? Embrace one new action item— practice all of them— or simply use them as inspiration to discover your own. Happy people choose to focus on the positive aspects of life rather than the negative. They set their minds on specific reasons to be grateful. They express it when possible. A smile is a wonderful beautifier. But more than that, studies indicate that making an emotion-filled face carries influence over the feelings processed by the brain. Our facial expression can influence our brain in just the same way our brains influence our face. Speak daily affirmation into your life. Affirmations are positive thoughts accompanied with affirmative beliefs and personal statements of truth. Affirmations used daily can release stress, build confidence, and improve outlook. For maximum effectiveness, affirmations should be chosen carefully, be based in truth, and address current needs. Here is a list of daily affirmations to help you get started. Wake up on your terms. Most of us have alarm clocks programmed because of the expectations of others: Wake up just a little bit early and establish an empowering, meaningful, morning routine. Start each day on your terms. The next 23 hours will thank you for it. Hold back a complaint. Instead, humbly keep it to yourself. Practice one life-improving discipline. There is happiness and fulfillment to be found in personal growth. Embrace and practice at least one act of self-discipline each day. This could be exercise, budgeting, or guided-learning— whatever your life needs today to continue growing. Each of us have natural talents, strengths, and abilities. And when we use them effectively, we feel alive and comfortable in our skin. They help us find joy in our being and happiness in our design. So embrace your strengths and choose to operate within your giftedness each day. If you need to find this outlet outside your employment, by all means, find this outlet. Accomplish one important task. Because happy people choose happiness, they take control over their lives. Instead, they operate out of the satisfaction they have already chosen. They realize there are demands on their time, helpful pursuits to accomplish, and important contributions to make to the world around them. Choose one important task that you can accomplish each day. And find joy in your contribution. We are spiritual, emotional, and mental beings. We are also physical bodies. Our lives cannot be wholly separated into its parts. As a result, one aspect always influences the others. For example, our physical bodies will always have impact over our spiritual and emotional well-being. Therefore, caring for our physical well-being can have significant benefit for our emotional standing. One simple action to choose happiness today is to eat healthy foods. Your physical body will thank you— and so will your emotional well-being. Everyone wants to be treated kindly. But more than that, deep down, we also want to treat others with the same respect that we would like given to us. Treat everyone you meet with kindness, patience, and grace. The Golden Rule is a powerful standard. It benefits the receiver. But also brings growing satisfaction in yourself as you seek to treat others as you would like to be treated. Find time alone in solitude. As our world increases in speed and noise, the ability to withdraw becomes even more essential. Studies confirm the importance and life-giving benefits of meditation. So take time to make time. And use meditation to search inward, connect spiritually, and improve your happiness today. Search for benefit in your pain. This life can be difficult. Nobody escapes without pain. At some point— in some way— we all encounter it. When you do, remind yourself again that the trials may be difficult, but they will pass. And search deep to find meaning in the pain. Choose to look for the benefits that can be found in your trial. At the very least, perseverance is being built. And most likely, an ability to comfort others in their pain is also being developed. Choose joy and be happy. That will make two of us.

## Chapter 3 : Happiness Is a Choice by Barry Neil Kaufman | calendrierdelascience.com

*Happiness is a Choice - The Symptoms, Causes and Cures of Depression - Second Edition, Updated Treatments and Terms - Paperback - 2nd Edition, 4th Printing by Frank Minirth, M.d. & Paul Meier, M.d.*

## Chapter 4 : Happiness Is a Choice by Barry Neil Kaufman

*Frank Minirth, MD () was president of the Minirth Clinic in Richardson, Texas, and an adjunct professor at Dallas Theological Seminary. He was the author or coauthor of several books, including Happiness Is a Choice and A Brilliant Mind.*

## Chapter 5 : 12 Intentional Actions to Choose Happiness Today

*"Happiness Is A Choice" was recommended to me by someone I highly respect, a very happy and successful professional. My reading this book paid off with immediate dividends when application of a passage at the beginning helped me end a tiff I was having with my then-girlfriend.*

## Chapter 6 : Happiness Is a Choice - Frank B. Minirth, Paul D. Meier - Google Books

*A New York Times Bestseller!. An extraordinary look at what it means to grow old and a heartening guide to well-being, Happiness Is a Choice You Make weaves together the stories and wisdom of six New Yorkers who number among the "oldest old" those eighty-five and up.*

## Chapter 7 : Happiness Is a Choice by Frank Minirth

*In , John Leland wrote a series of articles for the New York Times that examined the conditions and outlooks of three men and three women who, at that time, were between the ages of 87 and He's now chronicled that experience in Happiness Is a Choice You Make. The common denominator of old.*

## Chapter 8 : Reviews of Non Fiction best seller: Happiness Is A Choice You Make

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## Chapter 9 : Happiness Is A Choice Sayings and Happiness Is A Choice Quotes | Wise Old Sayings

*HAPPINESS IS A CHOICE YOU MAKE. Drawn from a remarkable newspaper series, this book, though sometimes repetitive and studded with occasional obvious insights.*