

A course in happiness: well-being and personal development



Do you want to start cultivating joyful living, here and now? Do you want to give yourself permission to be happy? A course in happiness is here to facilitate you, both as Kindle book and online course you can take at your own convenience. This book has already made a difference in the lives of thousands of people like you, and it received stellar media coverage in North America, Europe and Asia. It offers tools to assess one's subjective well-being, and approaches to live a happier, purpose-driven and flourishing life. The first eleven chapters of the book are based on AmAre, an acronym which stands for being: - Aware and Accepting - Meaningful and Motivated - Active and Attentive - Resilient and Respectful - Eating properly and Exercising They also address questions like Is happiness an inside job? Or does it depend on external factors? by thinking in terms of degree of facilitation. Some events are like a weight says Frank, making harder for people to fly; some are like a lift, facilitating people's happiness. However, considering even the way human beings discern between weights and lifts is subjective, happiness is about attitudes and choices, it is not a place to reach through external factors. Topics covered in the book include: - Happiness is a way of living - Power of context - Being aware of awareness: consciousness matters The author of the book, Frank Ra, is a Dharma instructor and well-being facilitator, has been coaching and working in eCommunication since late 1995; he studied Dharma, Business, and graduated in International Relations and Diplomacy. He is Italian, has spent most of his adult life in North America, England and Estonia, and travelling around the World. He settled in beautiful British Columbia, Canada.=== Testimonials about Frank, his well-being work and this book ===This book can change your life, as it did with mine. It works better when you share your

expanded awareness with people who are dear to you, so you can share the joy. KaiI was moving to a new city and was gifted this book for the plane ride. I could feel a sense of peace moving across my body as I read through the chapters. TracyThis amazing book was suggested by a friend of mine who was very impressed by the author(s) am/are approach to personal development. Reading this g(a)ve me more motivation to continue with the life that I have dealing with my sick parents and praying daily for more energy to continue taking care of them. Thanks for your kin(d) words. LuzThank you for the great bookPeter, NY==== Quotes about happiness ====Some people CHASE happiness. And some people CHOOSE happiness...? Robert HoldenWhat is the meaning of life? To be happy and useful.? Tenzin Gyatso, 14th Dalai Lama I feel that when we really love and accept and approve of ourselves exactly as we are, then everything in life works.? Louise HayHappiness is a habit, cultivate it.? Elbert HubbardTo be content with what one has is the greatest and truest of riches.? Cicero

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The book was published in **A course in happiness: well-being and personal development** being in nonclinical samples, and subsequently a large-scale study led by Clift involving over 100 English choirs resulted in the identification of a series of positive benefits affecting happiness, Personal Development 84 percent felt more confident about what they can do. 37 percent decided to take up training or a course. **A Course in Happiness: Mastering the 3 Levels of Self** Nov 23, 2013 This is the syllabus for our Personal Development eCourse: *A course in happiness*. You can join the eCourse (instant access), and receive for **A course in happiness: eBook and eCourse - Subjective well-being** Personal development blog, well-being, happiness. Personal Development eCourse: *A course in happiness*. 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A course in happiness is here to facilitate you **Frank Ra (Exstatica) Quotes (Author of A Course in Happiness)** *A course in happiness: well-being and personal development* by Mar 27, 2017 During the course, topics like gratitude, flow, happiness, well-being and health This program includes modules in Positive Self-Development,