



Project Happiness Handbook

Randy Taran, Maria Lineger

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Happiness, joy, hope...whatever you want to call it you CAN have more. This book is not an insta-recipe for happiness, going to kill you, pointless, a competition. It's not anything but an invitation. You are not a product. We are not going to give you a one size fits all formula. The 7 chapters of the Handbook are designed to take you on an experiential journey to get to know who you really are, to learn to master emotions, to connect compassionately with yourself and the complex world around us and finally to positively share your individual gifts and passions. This happiness will be your own.

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