



# Happy: Simple Steps to Get the Most Out of Life

*Ian K. Smith M.D.*

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## **Happy: Simple Steps to Get the Most Out of Life** Ian K. Smith M.D.

Happiness isn't the too-brief rush that comes from getting *something* you've wanted—it's the lasting great feeling that comes from becoming *someone* you want to be.....

And someone others want to be with, too. No matter where you start, *Happy* can help you improve your life and permanently alter your happiness set point.

Dr. Ian has inspired millions to lose weight. In counseling dieters, Smith learned that while achieving hard-fought and worthy goals can help make a person happy, even these real accomplishments aren't what make happiness stick.

In *Happy*, Ian Smith presents a program that motivates readers to understand the behaviors and mind-sets that work and last, including:

- How to be optimistic
- Why optimism and realism are not opposites
- How to get outside yourself
- The importance of family and community
- Why involvement leads to contentment
- Shedding the treadmill mentality of getting and spending
- Tapping the power of simple pleasures
- Mastering modern life to live in the moment
- What we can learn from the Danish people
- How to be, not just to do

*Happy* is a life-changing book from one of America's most trusted voices.

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