



You Can Be Happy No Matter What: Five Principles Your Therapist Never Told You

Richard Carlson

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Most of us believe that our happiness depends on the outside world - and that by solving our problems, improving our relationships, or achieving success, we will find contentment. In *You Can Be Happy No Matter What*, Dr. Richard Carlson shows that happiness has nothing to do with forces beyond our control. His simple and practical guide teaches 5 principles - Thought, Moods, Separate Realities, Feelings, and the Present Moment - for discovering a new mode of living that doesn't repress natural emotions, yet where feelings and thoughts don't overwhelm us.

Dr. Carlson is the best-selling author of *Don't Sweat the Small Stuff*.



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