

QC0017SN - What's Really Standing in the Way of Your Happiness?

Too often, we say, "I could be happy if..." and then we complete the sentence with something we feel is standing in the way of our happiness. But what if you could be happy in spite of what seems to be standing in your way?

You can learn to be happy in spite of your circumstances. In this episode, we will teach you a simple A-B-C approach to learning to be happy in spite of your circumstances. And though it doesn't mean everything in your life will be wonderful, it does mean that the darker times don't have to own your happiness.

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