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the priority; accepting your personal authenticity, the freedom
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"Barry very explicitly reveals the options and choices we can all make to find the road to happiness." BERNIE SIEGEL, M.D. Author of LOVE, MEDICINE AND MIRACLES Barry Neil Kaufman, therapist, author, motivational speaker, and founder of the Option Institute shows you how you can use the traits of happy people to change your life quickly, and easily.

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About Happiness Is a Choice "I have long admired the work of Barry and Suzi Kaufman. In this new book, Barry very explicitly reveals the options and choices we can all make to find the road to happiness." Bernie Siegel, M.D. Author of LOVE, MEDICINE, AND MIRACLES Barry Kaufman demonstrates clearly and dramatically, that the potential for happiness is inside each of us.

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Happiness is a Choice is a blueprint of simple, concrete methods to empower one's decision to be happy. It offers Kaufman's clear and strong statement on the care and feeding of the human spirit, exploring the belief that the secret to happiness lies within each of us, no matter what happens--or doesn't happen--in our lives.

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I believe happiness is a choice -- that you have the ability to create real and lasting happiness for yourself. We're always making choices and doing things to be happy - choosing what to eat, what clothes to wear, who to love, where to work.

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argues that eliminating consumer choices can greatly reduce
anxiety for shoppers. Autonomy and Freedom of choice are
critical to our well being, and choice is critical to freedom and
autonomy. Nonetheless, though modern Americans have
more choice than any group of people ever has before, and

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thus, presumably, more freedom and autonomy, we don't seem to be benefiting from ...

The Paradox of Choice - Wikipedia

Happiness Is A Choice represents the cutting edge of Barry Neil Kaufman's evolving teaching, focusing on empowering our moment of change, the moment in which we can make self- acceptance, inner peace, joy, and love immediately tangible with these easy-to- use tools

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Happiness Is a Choice ... This book has given me a brand new way to look at life and find peace and happiness. Highly recommended !!! Barry knows what he is talking about, he

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