



The Inner Gym: A 30-day workout for strengthening Happiness

Light Watkins

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One of the biggest myths in our society is that you can simply choose to be happy whenever you want, even in spite of challenging circumstances. Or, that happiness is a byproduct of making more money, falling in love, or being successful. But modern research says this is an illusion. Happiness is not sustained through achievements. Rather, it is the result of having strong “inner” muscles. Part story book and part workbook, The Inner Gym is broken down into six easy inner exercises, one per chapter. The chapters are short, to the point, and each comes with instructions for practicing the inner exercise for a few days before proceeding on to the next one — such as how to meditate in the easiest way for only five to ten minutes a day. This book is ideal for anyone looking for a structured way to incorporate simple life-habits that have been proven to have a profound impact on your state of happiness.

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