



Choosing Happiness Even When Life Is Hard

By Frank Minirth

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This book offers positive, achievable steps to help readers determine how to move past issues such as discouragement, stress, difficult relationships, aging, loneliness, depression, and grief.

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Editorial Review

From the Back Cover

Lasting happiness is within your reach

Your life was meant to be a joyous journey. But when negative emotions such as discouragement, stress, loneliness, or grief take over, it can be difficult to put one foot in front of the other. The first step you must take to move past the issues that drag you down is to realize that happiness is not something that just happens to some people and not to others. Happiness is a *decision* you make.

Renowned Christian psychiatrist Dr. Frank Minirth shows you how to make that decision. Drawing from a deep well of experience, clinical practice, and devotional life, Minirth will empower you with many kinds of practical coping strategies. His unique blend of medical, behavioral, and biblical principles will help you overcome your circumstances and achieve lasting happiness.

Frank Minirth, MD, is the author of many bestselling books and the coauthor of *Happiness Is a Choice*. He is president of the Minirth Clinic in Richardson, Texas.

About the Author

Frank Minirth, MD (1946-2015) was president of the Minirth Clinic in Richardson, Texas, and an adjunct professor at Dallas Theological Seminary. He was the author or coauthor of several books, including *Happiness Is a Choice* and *A Brilliant Mind*. For more information, contact www.minirthclinic.com.

Users Review

From reader reviews:

Jesus Puga:

What do you in relation to book? It is not important together with you? Or just adding material when you want something to explain what yours problem? How about your spare time? Or are you busy man? If you don't have spare time to do others business, it is gives you the sense of being bored faster. And you have free time? What did you do? Everyone has many questions above. They have to answer that question simply because just their can do that will. It said that about reserve. Book is familiar on every person. Yes, it is appropriate. Because start from on guardería until university need this Choosing Happiness Even When Life Is Hard to read.

Frank Keating:

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Virginia Johnson:

A number of people said that they feel uninterested when they reading a book. They are directly felt the idea when they get a half parts of the book. You can choose the book Choosing Happiness Even When Life Is Hard to make your personal reading is interesting. Your current skill of reading expertise is developing when you such as reading. Try to choose very simple book to make you enjoy to see it and mingle the idea about book and studying especially. It is to be first opinion for you to like to start a book and go through it. Beside that the e-book Choosing Happiness Even When Life Is Hard can to be your brand-new friend when you're sense alone and confuse in doing what must you're doing of their time.

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