



# Happiness A to Z: The Gleeful Guide to Finding and Following Your Bliss

*Louise Baxter Harmon*

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Happiness is around every corner but everyone once in a while, we need a map or a pointers on how to find it. This book is just such a guide with 26 chapters filled with ideas and inspiration. Joy unites all people and words are often how we best express our joy. *Happiness A-Z* is the perfect collection of power thoughts and insightful quotes that expresses some of the best ways to "get happy." From exploring the excitement of being fully "Alive" to the adventure of exploring the world's most "Zestful" experiences, this collection of quotes takes you through the most important ABC's of life.

One thing the world's wisdom traditions all agree is that all states of "higher being" are not attained by stumbling around an unmarked road to "blisstown" but as result of doing inner work and self development. Bliss means connecting with your true self more deeply and arriving at a place of ease and awareness. 'If you do follow your bliss you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living.

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