



How to Live in the World and Still Be Happy

Hugh Prather

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So many things in life can cause us concern and worry: work, love, money, the things we own or don't own, physical appearance. Each one of these large segments of our life can be an obstacle to happiness; taken together, the accumulation of life concerns can become an enormous boulder blocking our way. Now, beloved author Hugh Prather, who has touched so many people with his bestselling books across the years, gives us an actual program that shows us *How to Live in the World and Still Be Happy*.

Filled with concrete exercises developed by Hugh Prather during his years of counseling, teaching, and administering, *How to Live in the World and Still Be Happy* shows us how to examine our own lives so that we can learn to change the attitudes and actions that hold us back from experiencing and achieving lasting happiness.

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