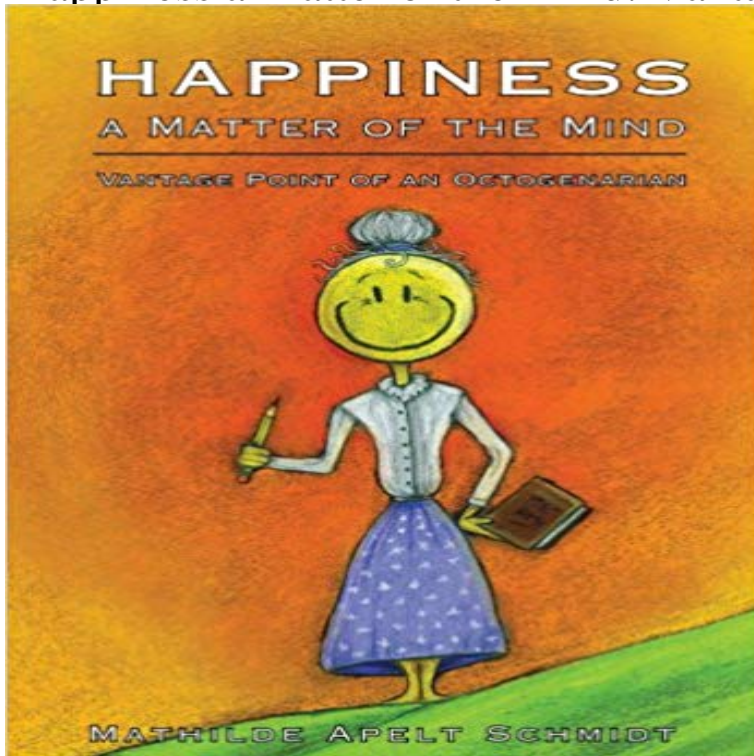


# Happiness a Matter of the Mind: Vantage point of an Octogenarian



This book is a summary of my own experiences, including stories I have read and have been told by others. Stories are paraphrased and names have been changed to protect peoples privacy. After conquering several unfortunate situations throughout my long life, I always came out becoming a happier person. With several examples from different genres of literature-many from my own German background-complementing my own experiences, I explain that unhappiness does not have to prevail. Enemies of happiness can be subdued and any adverse situation can hide a silver lining. It only has to be detected. It takes motivation, want, and effort to achieve inner happiness. My book is different from the many other happiness books that crowd the shelves today since I am much older than most of the other authors.

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