

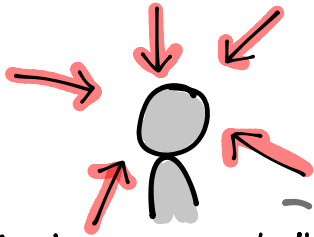
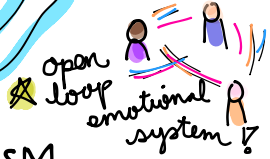
# The Happiness Makeover

with Mary Jane Ryan

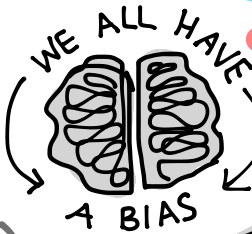


#wakeuphappy

I have to do this, not just talk about it.



Initial mindset that happiness was a mood determined by external factors.

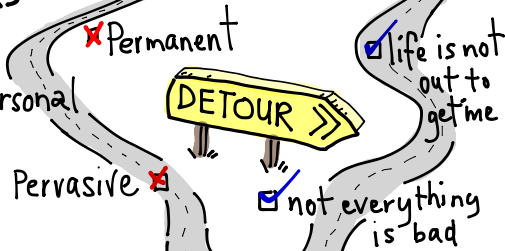


(learned)

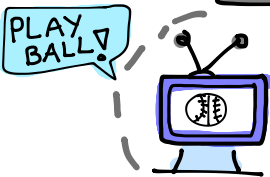
OPTIMISM

PESSIMISM

things change



NOPE.



It's about our ability to face difficult times and say what can I still appreciate anyway.



live happy

(by minh ngo)