



The Little Manual Of Happiness



Author: Vikas Malkani
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Want to know what makes a person happy?

This little manual tells you how to lead a joyful life. It is special because the author, a best-selling writer of over 24 books, has observed the traits of some of the happiest people he has ever met. He presents to the reader the simple steps that lead to inner joy and happiness.

Contents

1. Choose Happiness
 2. Be Happy Anyway
 3. Make Peace with Imperfection
 4. Live Your Life Now
 5. Your Thoughts Make Your Reality
 6. Create Constant Happiness
 7. See the Sunshine, Not the Shadows
- Simple Steps to a Joyful Life

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