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Awakening Joy

He is co-author of two books Awakening Joy: 10 Steps to Happiness and Awakening Joy for Kids. Learn the science behind real happiness;

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This is not the case at all. While Awakening Joy is focused on how to bring more enjoyment into life, it recognizes that there are struggles, and discusses techniques for handling difficult times. The book doesn't make me feel pressured to "be happy" all the time, nor ashamed that I'm not.

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Start by marking Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness as I like the 10 steps towards the road of real happiness.