



# Happy Me: 28 Solutions to Real-Life Problems

*Ryuhō Okawa*

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## **Happy Me: 28 Solutions to Real-Life Problems** Ryuho Okawa

What if unhappiness was something we were attracting without even realizing it? We all want to be happy or at least happier, but in many cases we actually have a liking toward unhappiness. There are about eighty to ninety percent of the people who are seeking happiness, but fall into their own negative pattern of thinking and continue to fail. These people can be called to have the 'Unhappy Syndrome'. The founder of Happy Science and the author of this book, Ryuho Okawa analyzes on the 28 real-life examples of the 'Unhappy Syndrome' and gives enlightening prescriptions that we can practice right away. By learning the 28 examples of symptoms and prescriptions, we can finally say good-bye to unhappiness!

Few examples of 'Unhappy Syndrome' that can be solved:

- To those with no motivation
- To those attached with their past
- To those with ambition but not able to realize
- To those who worry over their children
- To those who suffer violence at home
- To those who are poor at time management
- To those not getting along with their boss
- To those worrying about changing jobs
- To those fearing death
- To those worrying about having different faiths at home

As human beings, we are entitled to be happy and live each day better. When we are able to live true to our feelings and also bring happiness to others, we are in a state of greatest happiness. Take the chance to read this book. Why spent another day being upset, when you can say, "I'm happy!" everyday!

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