



Gateway to Happiness

Rabbi Zelig Pliskin

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Happiness is a skill that can be learned. The essential factor whether or not you will live a happy life is based on your attitudes towards life, towards yourself, towards other people, and towards events and situations. Regardless of how you have viewed those areas in the past, you can presently change your attitudes and master the attribute of happiness. Gateway to Happiness is a practical guide that will enable the reader to increase his level of happiness, peace of mind, and self-esteem, and decrease negative emotions such as sadness, anger, worry, and anxiety. This monumental work is presented in clear and simple language and will benefit both the beginner and the scholar, young and old. The material has been culled from the full range of Torah literature and includes techniques the author has found effective in his counseling experience.

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Alan Torrez:

Have you spare time for a day? What do you do when you have far more or little spare time? Yeah, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a wander, shopping, or went to the actual Mall. How about open as well as read a book allowed Gateway to Happiness? Maybe it is being best activity for you. You know beside you can spend your time with the favorite's book, you can better than before. Do you agree with its opinion or you have different opinion?

Melissa Jackson:

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Allison Phelps:

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