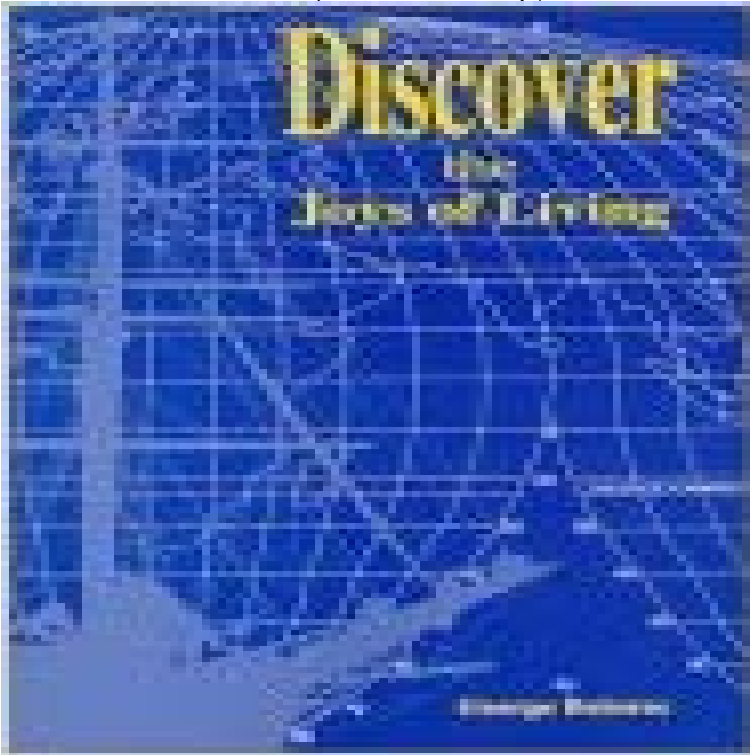


Discover the Joys of Living



The book combines key factors from the purpose of life, our evolutionary heritage, and our physiological makeup to derive the bases for all human satisfactions. It distills this background into seven critical behaviors impacting personal happiness. They are: broaden your world view in a positive objective manner, take responsibility for your life, maintain your physical, mental, educational, and moral health; be the best you can realistically be, give and receive love and friendship, transcend your primitive heritage, and morally enjoy life. As defined, natural happiness is applicable to all regardless of economic status, age, sex, race, nationality, or religion. The book culminates with a Joy of Living appraisal and template which can be used to identify your personal route to improving happiness.

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