



# Happiness for the Practical Mind: 7 Steps to Discovering and Loving Your Authentic Self

*Jared M Akers*

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**Happiness for the Practical Mind: 7 Steps to Discovering and Loving Your Authentic Self** Jared M Akers

This book will empower you to discover your authentic self and achieve a **happiness** that's **practical**, **actionable**, and **sustainable**.

This book is for you if:

- You are serious about discovering your authentic self, regardless of what you might find
- You are tired of fluffy self-help books big on ideas and theories and short on practical examples and exercises
- You **really** want to be happy and are ready to work for it
- You are willing and ready to step outside your comfort zone and experience something amazing
- You are more likely to believe someone that's experienced the same pain as you

There are a lot of books on happiness. But what does it truly mean to be happy? Many suggest we *simply* need to manifest things in our lives like love, gratitude, and purpose and that living "in the moment" is the key to happiness. But how exactly do we do that? Come on, throw us a freaking bone!

This book **IS** the bone.

With professional, friendly, and engaging style, Jared shares through heart-wrenching testimony, massive action, and years of study and observation, how to discover your authentic self and build a foundational acceptance of who you are and how to be happy from the inside out. *Happiness for the Practical Mind* provides a road map to a happiness that transcends all beliefs and backgrounds. This book reveals—regardless of your past or current circumstances—that's it's your birthright to be happy and how to achieve it.

In a powerful yet caring way, *Happiness for the Practical Mind* shows you exactly what the problem is. You! Yet as the book reveals, this is the most empowering lesson of all; for you now have access to the solution. Jared's writing style is clear and concise yet retains a personalized flair, making the content extremely accessible. A must read for anyone serious about finding inner-peace, emotional connectedness, self-acceptance, and happiness.

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