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Happiness Is a Lifestyle: Choosing to Make a Positive Change

Frank B. Minirth

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"I believe we can make choices in life that will help us overcome emotional problems," says Dr. Frank Minirth, best-selling author of Happiness Is a Choice. A renowned Christian psychiatrist, Minirth is back with more hope for those in the grip of pressing emotions. The first step for finding happiness is to realize that powerful choices exist, he says. Determining to make them comes next. In Happiness as a Lifestyle, Dr. Minirth brings an encouraging blend of medical, behavioral, and biblical principles to bear on such issues as discouragement, stress, difficult relationships, aging, loneliness, depression, and grief. Each chapter offers positive, achievable steps to help readers determine how to move past negative emotions. A comprehensive glossary and detailed appendices make this a valuable resource for the hurting and caregiver alike. Previously published as In Pursuit of Happiness.

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