



# The Law of Happiness: How Ancient Wisdom and Modern Science Can Change Your Life

Dr. Henry Cloud

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Since the beginning of time, people have searched for happiness but only recently has empirical science devoted extensive research to questions such as: Is happiness within our control? or How do I close the gap between where I want? Drawing from the latest scientific and psychological research, The Law of Happiness reveals that the spiritual truths of the Bible hold the secrets to the happiness we desire. As Dr Henry Cloud unpacks theseuniversal, eternal principles, he reveals that true happiness is not about circumstances, physical health, financial success or even about the people in our lives. Rather, happiness is found in choosing to become the kind of people God created us to be. Dr Cloud shows just how happiness is achieved as he sets readers on a pathway of spiritual transformation that connects them with the God of the universe. With these new tools, readers will discover that their relationships, their careers and their inner selves are infused with the joy they've been seeking.



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