



Happy 95% of the Time: Three Simple, Proven Ways to Overcome Depression and Feel Content Almost All the Time

Walter Doyle Staples

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In his latest book, Dr. Walter Doyle Staples invites his readers to experience life as fully aware, fully conscious, and fully functioning individuals. Staples presents powerful and life-changing ideas and concepts on how to transcend our ego-based state of consciousness to achieve deep peace, profound love, and infinite joy.

Happy 95% of the Time explains how our attachment to our egos can only create dysfunction and suffering in our lives, resulting in fear, anger, guilt, regret, depression, and/or despair. Staples contends we need to awaken to a new consciousness and experience a new beginning.

Happy 95% of the Time describes in detail the three primary ways to overcome low self-esteem, stress, anxiety, and depression:

- Cognitive Behavioral Therapy (CBT)—an example of Western, left-brain analytical thinking
- Practical spirituality—an example of Eastern, right-brain mystical thinking
- Mindfulness meditation—an inner-body, contemplative approach designed to manage our internal thought processes in order to calm the mind

Numerous world-renowned authorities on personal success—from Jack Canfield, Ken Blanchard, and Dr. Norman Vincent Peale to Art Linkletter, Anthony Robbins, and Brian Tracy—have praised Staples's previous books. We are sure they—and you—will find *Happy 95% of the Time* just as valuable and compelling.

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Richard Daniels:

Playing with family inside a park, coming to see the ocean world or hanging out with friends is thing that usually you could have done when you have spare time, then why you don't try issue that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Happy 95% of the Time: Three Simple, Proven Ways to Overcome Depression and Feel Content Almost All the Time, you can enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can happen its mind hangout folks. What? Still don't get it, oh come on its referred to as reading friends.

Mary Jacobs:

What is your hobby? Have you heard that question when you got scholars? We believe that that question was given by teacher for their students. Many kinds of hobby, Every person has different hobby. And also you know that little person similar to reading or as studying become their hobby. You need to know that reading is very important and also book as to be the issue. Book is important thing to provide you knowledge, except your current teacher or lecturer. You discover good news or update in relation to something by book.

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