

Happiness In Hard Times™

How To Be Happy When Times Are Tough & Help Others To Be Happy Too!

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Really?

Michele Moore / Happiness Habit

Really? Can you really be happy when times are tough, when you are facing major life losses and devastating changes? If you are loosing your job, your home, your economic well-being?

You can certainly find ways to be happier, and to weather difficulties less painfully. It IS possible to find happiness, joy, beauty and meaning in life despite what is happening to you or around you.

And that's the focus of Happiness In Hard Times – sharing key skills, strategies and insights that help people to be happier and weather difficult times less painfully and to help bring happiness into other people's lives as well.

Many people may ask, Happiness In Hard Times. is that realistic? Can you really be happy when times are tough? Is happiness important when you are struggling to survive? Is happiness even necessary?

Happiness is definitely important if you want to be able to do your best and get the best possible results.

We are truly at our best and able to perform our best when we are Up, confident, energized, focused and happy. And we certainly want to be able to perform our best when we are facing major life challenges and devastating difficulties.

We can't do well when we are down, distressed, dismayed and despondent. Bad moods are distracting, they take time away from what we have to do and they detract from our ability to do well.

To be strong, successful and effective in hard times it is important to be happy, to feel confident and optimistic about future opportunities. We'll show you how.

We will follow the order on the Happiness In Hard Times concept card we give away at our appearances. Print your own free from our HappinessInHardTimes.com web site.

Explore and enjoy HappinessHabit.com, HappinessBlog.com and HappinessInHardTimes .com for more insights about living a happy life.

What do you have to loose? Come along on an adventure that can change your life forever!

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team