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Happiness for Two

Alexandra Stoddard

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Pursuing happiness sounds easy, but with so many demands on our time and resources, it can be a challenge. So, how do we find happiness in a relationship—when there are *two* people who want and deserve to be happy?

Help is here, from a beloved (and blissfully married) lifestyle philosopher whose books and lectures on personal contentment have helped millions and whose popular Happiness Weekends are filled with dating singles, newlyweds, and long-married couples. In brief, readable essays rich in wisdom, practical strategies, and humor, Alexandra Stoddard shows how two people can be happy together, not at each other's expense.

Alexandra's essays help couples make personal happiness a priority ("Encourage each other to do something every day that will boost happiness"), connect in simple, powerful ways ("Give the gift of eye contact"), share decisions ("A home has no boss"), set family priorities ("Don't let children control you"), expand your horizons ("Encourage adventure"), be grateful for each other ("Treat each encounter as though it could be your last"), and have fun ("Live a little!").

Perfect for couples to read alone or together, *Happiness for Two* brims with useful ideas to help us "love and live happy."

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Spent a free time for you to be fun activity to perform! A lot of people spent their spare time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the book untitled Happiness for Two can be fine book to read. May be it could be best activity to you.

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