



# **Seven Secrets to Enlightened Happiness!: Your Guide to the Life You Were Meant to Live**

*Alan Allard*

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## **Seven Secrets to Enlightened Happiness!: Your Guide to the Life You Were Meant to Live** Alan Allard

In the fast pace, ever changing "new normal" of life and work, what would it take for you to create more happiness, fulfillment and success in your life? Can you really do work you love and are passionate about or is that just for the lucky few? Answering these questions isn't as easy as it seems. We were designed to live life with confidence, to imagine what we want and to take action. We are capable of great things. Yet, life has a way of shaking things up and rearranging everything at times--leaving us with uncertainty, confusion and sometimes a medley of emotions. Life is about engaging the creative force within us, mastering the challenges that come our way, growing from them and learning how to increase our happiness and success in the process. However, you don't have to figure out how to do that all by yourself. In "Seven Secrets to Enlightened Happiness!", Alan Allard, a former psychotherapist in private practice shares the seven secrets to Enlightened Happiness he used to help his clients overcome toxic stress, challenges and transform them into fuel for their success, well-being and happiness. Now as a personal coach and corporate consultant, trainer and speaker, Alan continues to help his clients discover what they need to thrive in their lives and careers. He works with both individuals and couples to make positive and dramatic change and he also works with companies to unleash hidden potential, ignite performance and increase profits. Happiness at work or in life isn't easy or everyone would be happy. "Seven Secrets to Enlightened Happiness!" gives you a "GPS" and action steps along the way to increase your sense of happiness and fulfillment right away. Your happiness depends on you but you don't have to do it alone. Alan's "Seven Secrets to Enlightened Happiness!" will shorten your learning curve and help you to create more happiness and success in your life today.

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