

Gateway to Happiness

By Rabbi Zelig Pliskin

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Gateway to Happiness By Rabbi Zelig Pliskin

Happiness is a skill that can be learned. The essential factor whether or not you will live a happy life is based on your attitudes towards life, towards yourself, towards other people, and towards events and situations. Regardless of how you have viewed those areas in the past, you can presently change your attitudes and master the attribute of happiness. Gateway to Happiness is a practical guide that will enable the reader to increase his level of happiness, peace of mind, and self-esteem, and decrease negative emotions such as sadness, anger, worry, and anxiety. This monumental work is presented in clear and simple language and will benefit both the beginner and the scholar, young and old. The material has been culled from the full range of Torah literature and includes techniques the author has found effective in his counseling experience.

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Gateway to Happiness By Rabbi Zelig Pliskin Bibliography

- Sales Rank: #1370981 in Books
- Published on: 1983
- Binding: Paperback
- 435 pages

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