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and living a more fulfilling life

Happiness FOR DUMMIES®



W. Doyle Gentry, PhD

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Dedication

I dedicate this book to the countless numbers of people who, in one way or another, have brought happiness into my life.

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I believe that happiness is the only really important goal, and yet we are all dummies when it comes to pursuing it in our everyday lives. If this book brings even one additional moment of happiness to the life of a single reader, then my time spent on this project will have been well worth it.

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