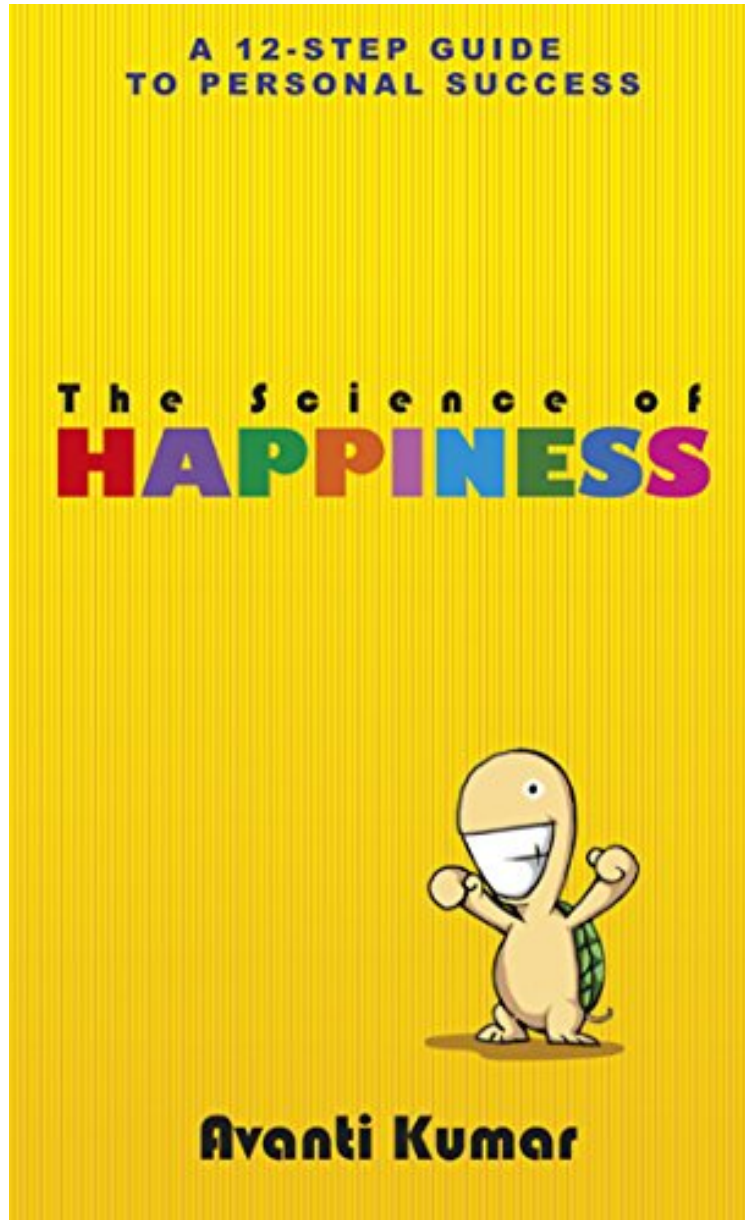


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## The Science of Happiness: A 12 step guide to personal success

*Avanti Kumar*

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**Avanti Kumar : The Science of Happiness: A 12 step guide to personal success** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Science of Happiness: A 12 step guide to personal success:

0 of 0 people found the following review helpful. A must read practical guide to success, happiness and life in generalBy JitendraUsually I stay away from self-help books which are around life and motivation. They all look same

and monotonous. They give momentary feel good and soothing effect but all that you learn gets lost in day to day challenges of life. But Science of Happiness by Mr. Avanti Kumar appeared to be fresh and attractive. What attracted me to buy it was its foreword. The foreword is all about relationship between two individual and the incident where writer is asked why he chose this programme they were in and he replies "To meet you of course". It made me to swipe my card and download the book instantly. The book turned out to be pleasant surprise. If I have to personify this book, then I would call it a "life coach". The coach which we all search and need desperately during challenging times. The best part of this book is, it's very practical, beyond cliché and very easy to comprehend. There are 12 steps which are interconnected and at the end it shows us a path which is amalgamation of science and life. While reading it on my kindle device, it shows percentage of the book already read. In that analogy even if I am able to implement 30% of the methods and ways given in the book, I would attain my goal of having deep happiness and success like river (both taken from the book)

What does Happiness mean to you? Success - Love - Health - Money - Knowledge - Joy - Peace - Creativity - Good fortune in all areas of life? Happiness is indeed many things to you and me. Happiness is a state when all desires are fulfilled. Let me repeat: being Happy is a state that guarantees all your desires are continually being met. Happiness is a tag for everything that everybody wants. Ancient and modern teachers agree that Happiness is not by chance. Being Happy is a definite science. This 12-step course holds practical secrets and techniques to build your own happiness in all the forms you desire. This complete practical self-coaching course will help you quickly build a lasting foundation to your own happiness. It is so practical, we have designed it as a pocket-sized companion, so that you can carry around your own happiness wherever you go. ABOUT THE AUTHOR Avanti Kumar is a British technology and business consultant, coach and writer, who has worked in many fields - airlines, business, media, counselling and broadcast drama. His research and practice of ancient disciplines, married with modern psychology is just one of his passions. Sharing these secrets is yet another passion. Currently based in Malaysia as a national correspondent covering the information and communications technology industry for an international media house

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