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offers hope to those who have been challenged by adversity." -- Coretta Scott King, President/CEO of the Martin Luther King, Jr. Center for Nonviolent Social Change.

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In sum and generally speaking, as with many things in life, it's a

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good idea to "Take what works and leave the rest behind." I did so with "Happiness Is A Choice" and reaped some benefits and rewards.

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Option Institute shows
you how you can use
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people to change your
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Keenan
on the care and feeding of the human spirit, exploring the belief that the secret to happiness lies within each of us, no matter what happens--or doesn't happen--in our lives.

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Though many of us
speak as if our
emotions happen to us,
we believe that they
are responses we

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choose in an effort to
take care of ourselves.
Misery, fear, anger,
distress, anxiety, and
discomfort are
optional, not inevitable.
You have your own
answers

Barry Neil Kaufman

Barry Neil Kaufman,
therapist, author,
motivational speaker,
and founder of the
Option Institute shows
you how you can use
the traits of happy

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demonstrates clearly
and dramatically, that
the potential for
happiness is inside
each of us. He and his
wife have observed
that people who are
most successful in

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the Co-Founder of The
Option Institute, The
Son-Rise Program®,
and the Autism
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**Happiness Is A
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reveals the options and
choices we can all
make to find the road
to happiness." BERNIE
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Happiness Is A Choice Barry Neil Kaufman

author, motivational speaker, and founder of the Option Institute shows you how you can use the traits of happy people to change your life quickly, and easily.

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therapist, author,
motivational speaker,
and founder of the
Option Institute, has
observed that despite
disappointments,
illnesses, and physical
and emotional
problems, people who
are most successful in
finding happiness
share certain traits -
traits that less
fortunate people can
learn to develop so
that they themselves
can find happiness as

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In politics. In the abortion debate, for example, the term "freedom of choice" may emerge in defense of the position that a woman has a right to determine whether she will proceed with or

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terminate a pregnancy.

Similarly, other topics

such as euthanasia,,

vaccination,

contraception and

same-sex marriage are

sometimes discussed

in terms of an assumed

individual right of

"freedom of choice".

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