

START CHOOSING HAPPINESS AGAIN

EVERY SINGLE MOMENT IS A CHANCE TO TURN IT ALL AROUND.

Are you happy? Most of us think we're relatively happy, but we realize we could be happier. For thousands of years, ordinary people and the finest philosophers have been exploring the quest for happiness. Theories abound, yet the yearning for happiness continues.

The irony is, we all know the things that will make us happy, we just don't always do them. Why? We're resistant.

With his signature combination of the profound and the practical, *New York Times* bestselling author Matthew Kelly helps us learn why we sabotage ourselves, feel overwhelmed, set aside our dreams, and lack the courage to simply be ourselves . . . and how to start choosing happiness again. *Resisting Happiness* will inspire you to break through resistance so you can become the-best-version-of-yourself® and start living with passion and purpose.

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RESISTING HAPPINESS



A true story about why we sabotage ourselves,
feel overwhelmed, set aside our dreams, and lack the courage to
simply be ourselves . . . and how to start choosing happiness again!

MATTHEW KELLY

NEW YORK TIMES BESTSELLING AUTHOR

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MATTHEW KELLY was born in Sydney, Australia. He has dedicated his life to helping people and organizations become the-best-version-of-themselves. Kelly is the author of more than twenty books that have sold more than twenty million copies and have been published in more than twenty-five languages.