



## Acceptance Breeds Happiness (Paperback)

By Mahubo Fabulous

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The process of accepting the current situation, and how that acceptance leads to a much happier outcome for the people involved. In Chapter One, we ll discuss the importance of acceptance in terms of dealing with major life events. We share the story of one woman whose inability to let go of the past and its pain had a major effect on her health, as well as the story of a couple whose relationship might have ended had they not been able to accept the consequences of a life-changing decision. In Chapter Two, we ll talk about acceptance in terms of body image and physical limitations. One of the stories we share involves physical disability, while the other is of a woman whose inability to accept her body held her back from experiencing the fullest and happiest life possible. Chapter Three deals with personal power - namely, the power acceptance gives us. Once we can stop blaming outside circumstances for our unhappiness, we can step into our ability to create happiness for ourselves. Both stories...



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