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Life, Liberty, Happiness!

Happy Trails

Life, liberty, and the pursuit of happiness are as American as apple pie. Scientists have learned that about 60% of what determines happiness is due to heredity and circumstances we can't control, but the other 40% can be influenced by simple day-to-day activities.


During *Happy Trails: Life, Liberty, & the Pursuit of Happiness*, you'll take simple daily steps along six different paths that lead to increased happiness and well-being.

For more information:



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