



The Happiness Toolbox: Finding Happiness Regardless of Circumstances

Lori Brant

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It's easy to be happy when things are going your way, but can you be happy when you are in the middle of a crisis? Absolutely.

In the midst of a chronic illness and failed marriage, Lori Brant reached out for resources to help her move forward and found them lacking. She was doing what all the Positive Psychology and spiritual books told her to do, to think positively, meditate, eat right, repeat affirmations but inevitably, something beyond her control would happen and send her spiraling backward into chaos and depression. It felt like she was making changes on top of quicksand. There was something missing.

As a Teacher and Life Coach, Lori Brant delivers a practical, step by step approach to breaking down vague concepts into practical applications and tools, which the reader can use during times of chaos to sustain a state of happiness regardless of outside circumstances.

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