



# The Happiness Habit

*Daniel O'Leary*

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## **The Happiness Habit** Daniel O'Leary

Today the human spirit cries out for help. Anxiety levels are rising to new heights. Depression strikes one in four of us. But in the midst of these tensions, there is a growing hunger for a happier life. Millions are now asking themselves, in the words of Mary Oliver, 'What is it you plan to do with your one, wild and precious life?'

The Happiness Habit is written for all who believe in humanity - its promise, its passion, its power - and for those who are ready to nourish the divine beauty of their hearts. Beautifully crafted and lovingly presented, it is the perfect gift to give yourself, or someone you care about. The Happiness Habit is your angel in disguise.

Daniel O'Leary, priest, author and speaker, is grateful for the glimpses given to him about living life to the full. Every day he relies on one or other of these to keep him authentic and free. He is delighted to gather these glimpses together between the covers of this small book and to share them with you.

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