

Finding Happiness in the Craziest of Life

Program Description

Overview:

Being happy is one of the greatest gifts we can give ourselves AND those around us. Yet, for most people, the goal of being happy can seem an unrealistic pursuit.

In this inspirational and insightful presentation, you will be reminded that greater happiness and increased energy have been found to be the result of specific beliefs and behaviors. We'll discuss the habits of happy people and how, despite the craziness in your life, you can find happiness too!

For a women's conference, feel free to add: As the popular bumper sticker puts it, "If Momma ain't happy, ain't nobody happy!" How true!

Length: Keynote: 45-90 Minutes

Article to Use for Promoting Your Event: [Being Happy](#) by Kathy Peterson