



# The Happy Scriptures: The Nine Principles of Lasting Happiness

*A.J. Duke*

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## **The Happy Scriptures: The Nine Principles of Lasting Happiness** A.J. Duke

Living in an age of pills, injections or surgeries to fix anything, it can be easy to lose sight of the fundamentals of emotional well being. This book is about taking it back to the basics. The principals collected in this book have been the foundation of happiness through out time. The techniques may change with time but the ideas in this book have always been a part of living a fulfilling life. I wanted to share them because they helped me when I needed it most.

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