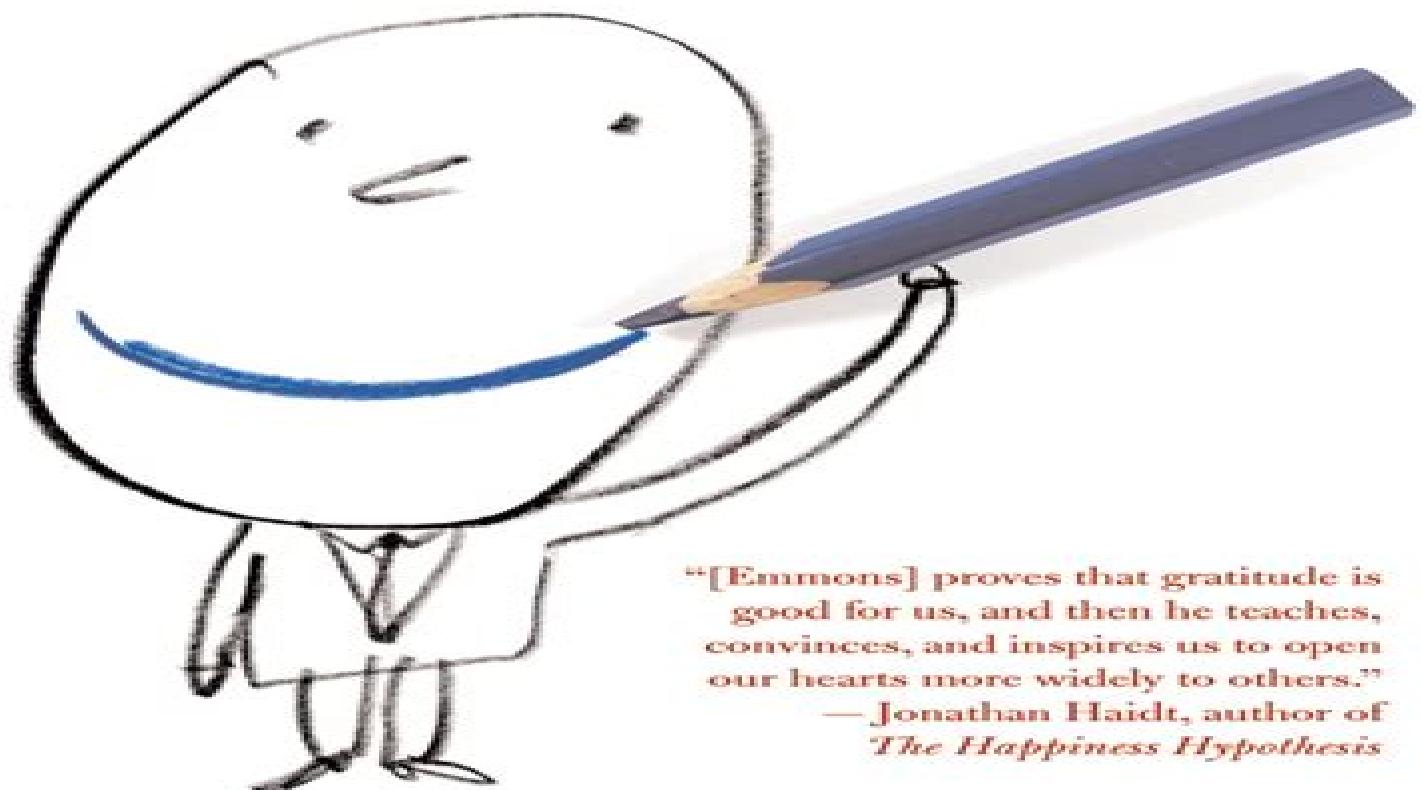


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— Jonathan Haidt, author of *The Happiness Hypothesis*

ROBERT A. EMMONS, PH.D.

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Shane J. Lopez

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Thompson,2025-11-04 What if by cultivating twelve inner strengths you could live with more clarity and purpose especially when life feels uncertain and your path forward isn t clear Many of us feel stuck dissatisfied or weighed down by societal pressures self sabotaging behaviors and difficult circumstances In these moments tapping into your twelve inner strengths can empower you to rise above challenges and move from survival mode to consciously creating a meaningful and fulfilling life The twelve virtues in this book commitment love perseverance hope integrity creativity compassion courage forgiveness purposefulness gratitude and joyfulness serve as steady anchors for your thoughts choices and actions As you cultivate them they become a beacon helping you navigate obstacles deepen your relationships and reconnect with what matters most You ll discover how Courage moves you past fear to fulfill your true potential Forgiveness helps you let go of grudges and heal emotional pain Gratitude shifts your perspective and boosts happiness Hope keeps your vision alive to achieve cherished goals Purposefulness guides your decisions and helps you find meaning Through inspiring stories thoughtful insights and practical exercises certified life coach Stacey Thompson shows you how to strengthen the inner qualities you already possess so you can live your best life Start your journey toward a more thriving purposeful life today **Choose To Be Happy**

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practice of law Scott Rogers brings readers on a journey through the law school experience with seven hypothetical students who experience situations not unlike their own that make tangible the challenges benefits and promise of mindfulness He provides real world examples of applying mindfulness in law school using language of the law to impart mindfulness insights and practices This novel guide is an approachable and valuable resource for any law student

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Better Humans,

Better Performance: Driving Leadership, Teamwork, and Culture with Intentionality Peter J. Rea,James K. Stoller,Alan Kolp,2022-12-27 Build a sustainable high performance culture around the seven classical virtues Virtue is more than a word It s a way for us all to live a way to flourish as human beings And when applied to organizational life virtue serves to enhance engagement strengthen teamwork and foster success in business Better Humans Better Performance

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