



## Happy Is Not A Goal

By Patricia Kett Bsn

AuthorHouse. Paperback. Book Condition: New. Paperback. 148 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Happy is not a Goal, describes how to bring happiness into your life despite the turmoil and sometimes even the boredom. It is a choice. The information is based on my professional experience in assisting patients and their families through critical illness, pain, emotional distress and death. I originally learned these techniques in dealing with my own life crises of cancer and the loss of a son I have not discovered anything new or magical. As you will find, I've had many teachers. I chose those truths that made sense to me and seemed to work with myself and my patients. I had many moments of suffering with many more moments of happy, so now I pass it on. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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