The 7 Secrets to a Happier Life

**Frequently Asked Questions**

**Q:** What areas of my life will be positively impacted when I become a happier person?

**A:** Your finances, your health, your relationships and marriage.

**Q:** Can people learn to be happy?

**A:** Yes. Most people can learn to be happy when they apply the principles available in “The 7 Secrets to a Happier Life”.

**Q:** Why is this book better than other “happiness” books?

**A:** Dr. Gomez has over 40 years of clinical experience as a practicing psychiatrist, while most other authors primarily have academic knowledge but very little clinical experience in dealing with unhappy people. Dr. Gomez is also a four times best-selling author.

**Q:** Is “The 7 Secrets to a Happier Life” available as an E-book?

**A:** Yes. You can purchase the E-book or the

paper book in Amazon.

**Q:** Is “The 7 Secrets to a Happier Life” available as an Audible book?

**A:** No. It’s not available at this time.

**Q:** How long is “The 7 Secrets to a Happier Life”?

**A:** It is approximately 250 pages

**Q:** What kind of information does the book have?

**A:** The book has priceless information coming from Positive Psychology about how to become a happier person, short stories from patients, tests, exercises and techniques to develop more happiness in your life.

**Q:** What is the Content of the book:

**A:** Introduction  
**Chapter 1:** Positive Psychology and Happiness  
**Chapter 2:** Identify Your Character Strengths  
**Chapter 3:** Create a Positive Mindset  
**Chapter 4:** Care About Others  
**Chapter 5:** Build Loving Relationships  
**Chapter 6:** Embody Physical Health  
**Chapter 7:** Embrace the Flow  
**Chapter 8:** Experience Transcendence  
**Chapter 9:** Connecting the Seven Secrets  
Bibliography  
Resources  
Acknowledgments and About the Author

**Q:** What is the Amazon link where I can buy the book?

**A:** The Amazon link is: <http://bit.ly/2vlC1UQbook>

**Q:** What is the price of the book?

**A:** The price of the paper copy is $19.95. The E-book sells for a lower price.