



# How To Be Happy: 7 Simple Rules That Gave Me 10 Years of Uninterrupted Happiness

*Frank Koster*

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Although we are experiencing the biggest amount of resources in history surveys and studies suggest we are experiencing a big amount of depression, stress, and huge emotional burdens.

In his revolutionary book former monk Frank Koster shows that happiness is not a series fleeting moments that casually appear but a skill that can be developed by anyone. Free of flower-power-you-can-do-it useless talk, How To Be Happy consists of 7 simple rules that can easily be applied to bring every person a continuous sense of joy and the ability to master negative emotions in an empowering way.

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