



Choosing Happiness Even When Life Is Hard

Frank Minirth

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Choosing Happiness Even When Life Is Hard Frank Minirth **Lasting happiness is within your reach**

Your life was meant to be a joyous journey. But when negative emotions such as discouragement, stress, loneliness, or grief take over, it can be difficult to put one foot in front of the other. The first step you must take to move past the issues that drag you down is to realize that happiness is not something that just happens to some people and not to others. Happiness is a *decision* you make.

Renowned Christian psychiatrist Dr. Frank Minirth shows you how to make that decision. Drawing from a deep well of experience, clinical practice, and devotional life, Minirth will empower you with many kinds of practical coping strategies. His unique blend of medical, behavioral, and biblical principles will help you overcome your circumstances and achieve lasting happiness.

Frank Minirth, MD, is the author of many bestselling books and the coauthor of *Happiness Is a Choice*. He is president of the Minirth Clinic in Richardson, Texas.

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