



# **Happy 95% of the Time: Three Simple, Proven Ways to Overcome Depression and Feel Content Almost All the Time**

*Walter Doyle Staples*

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In his latest book, Dr. Walter Doyle Staples invites his readers to experience life as fully aware, fully conscious, and fully functioning individuals. Staples presents powerful and life-changing ideas and concepts on how to transcend our ego-based state of consciousness to achieve deep peace, profound love, and infinite joy.

*Happy 95% of the Time* explains how our attachment to our egos can only create dysfunction and suffering in our lives, resulting in fear, anger, guilt, regret, depression, and/or despair. Staples contends we need to awaken to a new consciousness and experience a new beginning.

*Happy 95% of the Time* describes in detail the three primary ways to overcome low self-esteem, stress, anxiety, and depression:

- Cognitive Behavioral Therapy (CBT)—an example of Western, left-brain analytical thinking
- Practical spirituality—an example of Eastern, right-brain mystical thinking
- Mindfulness meditation—an inner-body, contemplative approach designed to manage our internal thought processes in order to calm the mind

Numerous world-renowned authorities on personal success—from Jack Canfield, Ken Blanchard, and Dr. Norman Vincent Peale to Art Linkletter, Anthony Robbins, and Brian Tracy—have praised Staples's previous books. We are sure they—and you—will find *Happy 95% of the Time* just as valuable and compelling.

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