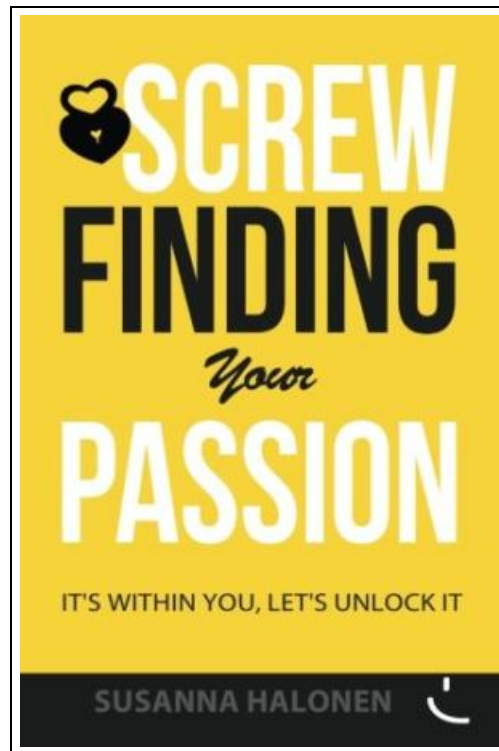


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The commonly held belief that you should follow your passion is flawed. Many people believe that in order to be truly happy, you need to find and follow your one and only true passion. This is a very limiting approach to passion, and one not backed up by much research. In fact, recent research in the field of positive psychology has shown that you can live a more fulfilling life by choosing to pursue your whole life with passion. This has nothing to do with monetising the one thing that you love, but finding love in what you do. Susanna Halonen, also known as the Happyologist(R), introduces a new approach to passion that enables you to take control of your happiness. By highlighting the latest research in the field, including her own, Susanna explains how you can choose to unlock the passion inside you so that you can live a more fulfilling life. The secret to living life with passion is pursuing the passionate way of being, and the five keys to that secret are individually explored and discussed in this book. Each discussion is followed by questions of self-reflection that encourage you to create your own, unique action plan to start unlocking your passion. This book is an eye opener for those who want to understand the real science behind passion. It s also a must-read for anyone who is looking for more fire, spark and positive energy in their lives and careers. Most of all, it s a tool to help you to take a more proactive approach to unearthing your best self and setting out on the path towards passionate happiness. Praise for Screw Finding Your Passion: Wanting...

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