

Forgiveness and Happiness

with Dr. Fred Luskin!

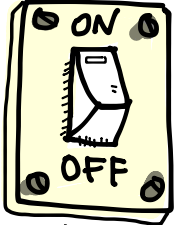


#wakeuphappy

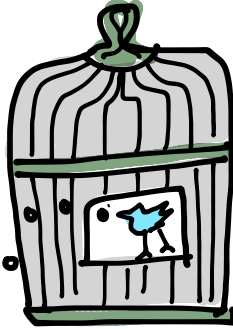
FORGIVENESS, LIKE HAPPINESS, IS A CHOICE.

HURT

can manifest

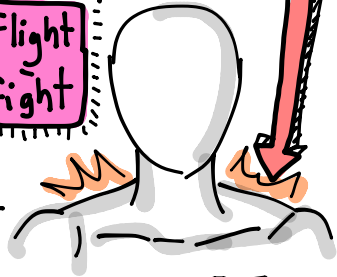


Decide to make the switch, and get to work.



✗ anxiety
✗ tension

flight
fight



STEW



OR

SUNDAE

✗ emotional imprisonment

Substitute a hurt with a kindness.

When you hang on to junk of the past, it's hard to be happy in the present.

It takes a lot of work to be unhappy.

