

# Se feliz y daras felicidad

Be Happy and you'll Give Happiness



**Author:** [Josep Montalat](#) [1]

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In this book, the author shows us a world based on 3 characteristics: a) Happiness of Earth is possible and legitimate b) The key to happiness lies in ourselves c) If we want to make others happy, we have to be happy ourselves first.

Society sends us down a one-way street making us think that the meaning of life is in reaching the summit of an imaginary pyramid, in which social and economic position come above any other consideration. We have believed that the only existent model for life involves participating in this climb to the peak. There is no alternative. Anyone who doesn't follow this path is foolish, a dreamer. This book offers the keys for understanding life in another way and knowing happiness.

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