



Just Decide It! Wellbeing is a choice

Michael Moss Ph.D.

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“Just Decide It! Wellbeing is a Choice”, is about the power of decisions and choices. Happiness and wellbeing is a constant, ongoing, choice. Circumstantial happiness is temporary. Happiness is like a fire that needs to be constantly fueled. This book will consider the examples of prolific decision makers like Abraham Lincoln, Barack Obama, and Will Smith. Their lives, deeds, and life choices will be explored. In addition to providing a literature review of the subject of happiness, the book will also provide examples of choices that lead to wellness and personal empowerment, including using affirmations. So, “Just Decide It! Wellbeing is a Choice.”

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