



# Help Yourself to Happiness: Through Rational Self-Counseling

*Maxie C., Jr. Maulsby*

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The following medical fact has been known for thousands of years. "Normal people" can easily make themselves feel as happy as they want to feel any time they choose to so so. That fact was first stated this way in Proverbs 15:23: "People have joy from the answers of their mouths". Then again in Proverbs 23:17: "As people sincerely believe, so will they emotionally feel". But, as it warns you in Galatians 6:3: "If you believe something that is not a fact, you deceive yourself". That is why this book gives you a fast, easy way to follow this ancient advice first given in Thessalonians 5:21: "Prove all things to yourself and hold fast to that which is good". Those are four of the oldest, yet best medically proven and instantly helpful laws of emotional self-help.

This guide gives you exciting, real case examples that reveal how easily and quickly you can use those laws of normal human nature to Help Yourself to as much Happiness as you are willing to have, at any time, in any situation of your life.

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