



And THEN I'll Be Happy!: Stop Sabotaging Your Happiness and Put Your Own Life First

Kristen Houghton

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True stories and practical advice for wome which include: how to become more confident, make crucial life-changing decisions, and "live your life on your own terms!"

This book is for anyone who has ever sacrificed her own happiness trying to make someone *else* happy . . . who has assigned her happiness, one more time, to some future date in a galaxy far, far away. It is no big deal, right? Your happiness can wait. And-guess what?!-it does.

But it doesn't have to. With *And Then I'll Be Happy!*, relationship writer and former saboteur of her own happiness, Kristen Houghton, gives women the tools they need to shake off the unhappiness epidemic. In a beguiling blend of practical advice and humor, she debunks the myths about how and when women find happiness and more importantly why you not only should but NEED to put your own life first.

Houghton presents true stories of women who put their happiness on hold for different reasons, provides tips on what readers can do to avoid a similar problem, and identifies the major mindsets that keep women from happiness.

With this book, women everywhere, whether in the midst of their careers, choosing to be stay-at-home moms, or caring for aging parents can put their happiness right where it belongs: in the *present*.

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