



One in 10 adults depressed • 15% preschoolers depressed, anxious
Suicide third leading cause of death in youth • Child depression drug use quadrupled in a decade • U.S. suicide rate climbed steadily since 1999

Society has been led down a futile path, but people can breakthrough to real lasting happiness.

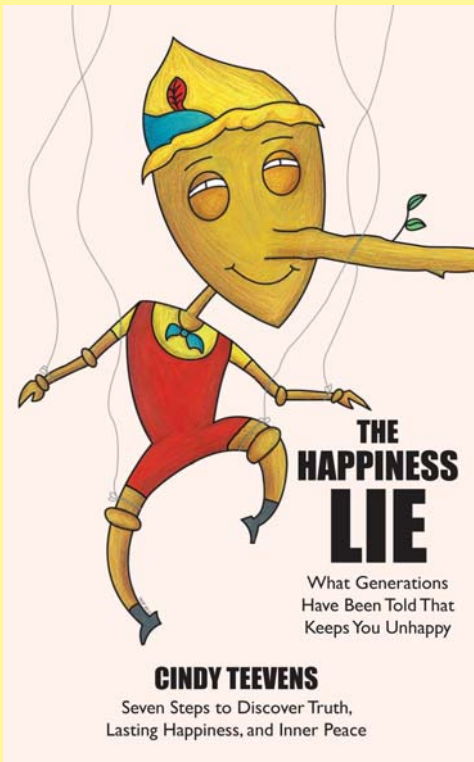
The Happiness Lie

What Generations Have Been Told
That Keeps You Unhappy
reveals what maximizes our mental-emotional pain
and limits our joy, and how to breakthrough to
freedom and peace.

The radical reversal of current expert
and self-help advice.

CINDY TEEVENS is author of *The Happiness Lie, What Generations Have Been Told That Keeps You Unhappy* (and limits your joy).

The book includes the practice of *Alchemy*, which Cindy helps people with since her own suffering switched into joy for no reason in 2009.



HOW IT'S UNIQUE

- You can end stress now! Cindy's life-altering moment came in the middle of suffering.
- Don't use positive thinking. Cindy shows you how to *feel good first*—then good thoughts flow naturally and easily.
- Simple, fast, practical technique: Two questions that shift your state and turn your world around. Your entire perspective and experience changes.
- How to end the stream of stressful thinking and feel better in five minutes.
- We don't want things, we want the feeling we mistake them for. You can have it any time.
- Discover your Happiness Ratio - Take the Quiz!
- Learn about the
False Happiness Hierarchy
Three Powers You Were Born With
Happiness Paradox
Truth Experiment
Seven Steps to Lasting Happiness
Speech Experiment

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