Built to Be Happy

November 11, 2026
A reflective framework for exploring sources of well-being and habits that support a more satisfying life.

Inside this guide

- Consider six areas that can contribute to a sense of fulfillment.
- Use reflection to notice which parts of life may need attention.
- Explore small, repeatable practices rather than relying on one sweeping change.

Who it may help

For readers who want a practical, reflective approach to everyday well-being and personal priorities.

Putting the ideas to work

Choose practices that fit your circumstances and revisit them as your needs and priorities change.

The ideas are starting points rather than one-size-fits-all instructions. Adapt them to your goals, circumstances, and available resources.

Book details

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