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THE  
COURAGE  
TO BE  
HAPPY

True contentment is within your power—  
the new Japanese phenomenon from  
the authors of the global bestseller  
*The Courage to be Disliked*

ICHIRO KISHIMI AND FUMITAKE KOGA

The Courage to be Happy Ichiro Kishimi & Fumitake Koga, *This book is a compass. Navigate and discover along your path the courage to be happy.*

*The Courage to be Happy* presents profound insights into living life courageously and finding happiness along the way. It has already sold more than a million copies in Japan and is a sequel to *The Courage to be Disliked*, which has changed lives across the globe as an international bestselling sensation.

As in *The Courage to be Disliked*, we follow a Socratic dialogue between a philosopher and a young man. The philosopher believes that the key to a life of happiness and fulfilment is offered to us by the theories of Alfred Adler, a forgotten giant of 19th century psychology who has long been overshadowed by his two contemporaries, Freud and Jung. The young man is full of doubt that life can be genuinely improved by simply changing his thinking. Patiently, the philosopher explains the essence of Adler's 'psychology of courage', taking the young man through the mental steps necessary to achieve it, and demonstrating to the young man and to us the changes this psychology will bring to the way we live our lives.

This is a work that is truly life-changing in its power and universally applicable in its scope.

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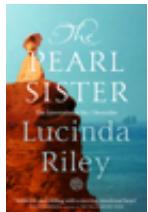
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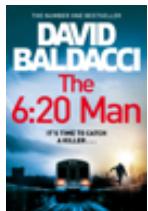
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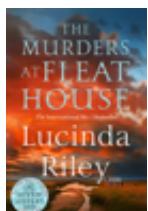
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