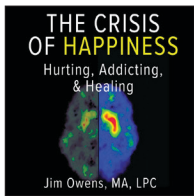


# The Crisis of Happiness Hurting, Addicting, and Healing

by Jim Owens, MA, LPC



*“Engaging, and made me examine my life on a meaningful level.”*

—Martin P., Tallahassee, FL

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## Find Answers to Today's Happiness Crisis

Addictions and distractions are used to manage pain—but end up hurting us and our ability to find lasting happiness. Jim Owens gives scientific evidence and practical advice for overcoming wounds.

