



Blissology: The Art & Science of Happiness

Andy Baggott

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You can have the life you want—and you can have it now. Reclaim your personal power with a simple four-step process that combines powerful law-of-attraction techniques, cutting-edge science, and the wisdom of some of the world's oldest spiritual traditions.

This is a real, hands-on approach—you don't need to take great leaps of faith or radically change your beliefs in order to achieve a better life. Dare to dream, keep a joy journal, learn how to set your day. With these tools and techniques, you can immediately begin to use the art and science of blissology to create a life that is truly fulfilling and successful.

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