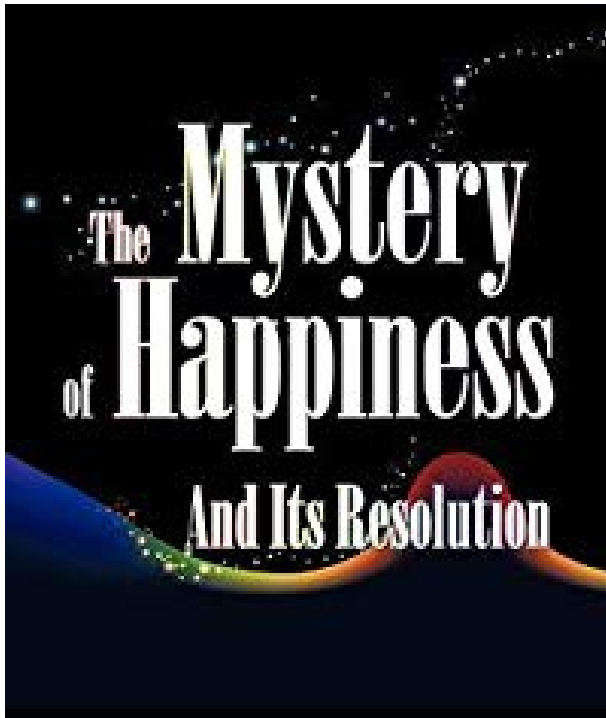


# The Mystery of Happiness: And Its Resolution



**KEN WILLIAM SAXBY**

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|--------------------------|------------------------------------------------|
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[The Mystery of Happiness: And Its Resolution.epub](#)

In the fascinating *The Mystery of Happiness: And Its Resolution*, author Ken William Saxby explains why it has taken us, as a culture, so long to understand happiness and the way to achieve it.

Inspired by the work of Sigmund Freud, Martin Seligman, and David E. Rummelhart and his Connectivist Theory, this is a book that takes a new look at happiness, using the latest psychological research to shed light on what happiness is, and reliable methods of how to bring it about. Twenty-five percent of men and thirty percent of women will suffer depression during their lives. The very encouraging experimental results that are outlined in *The Mystery of Happiness: And Its Resolution* reveal a fresh, innovative theory that has the potential to change lives. Ken William Saxby grew up in a small country town of Cardiff near Newcastle in NSW Australia, and currently resides in Burpengary, near Caboolture on the Sunshine Coast of Queensland. Now retired, he has worked in management, education, counseling and business.

Mr. Saxby is writing his next book in which he will examine Evaluative Theory to explain emotions, behaviors, and psychological disorders. <http://sbpra.com/KenWilliamSaxb>