

Outline

The Law of Happiness-Series Overview and Happy People Are Not Lazy About Happiness

In the opening session, Dr. Cloud presents an overview of happiness beginning with the current research on where happiness comes from. He shares an exciting finding; scientific studies are proving ancient spiritual principles to be true. Happiness does not come from the sources that most people seek, but from specific practices in our lives. We can control far more than we realize in achieving happiness. This series will cover all 13 laws, also referred to as *life practices* to happiness (Chapter 1).

In the second part of this first presentation, Dr. Cloud teaches us that; "Happy People are Not Lazy About Happiness" (Chapter 3)

Small group discussion questions:

#1: What do you really believe about happiness? Do you believe that happiness comes from a set of practices or is it circumstantial?

#2: Where do you spend your Time & Resources?

#3: What specific seduction is ruling you? What has a grip on your life and is keeping you from happiness?