

Making the World Happier with the Art of Happiness

For Immediate Release

Contact: Maura@Maura4u.com

Maura Sweeney is upping her publishing game with a new edition of *The Art of Happiness* books.

The podcaster, international speaker and HuffPost contributor refrains from pontification while incorporating wit, wisdom and plenty of personal stories in her series. She offers reflective questions and anecdotal tales that aid others in their personal growth.

Now available through [LinktoEXPERT](#) (originally released on Amazon), Sweeney's *Art of Happiness* addresses six areas where the author claims personal happiness gets stuck: *Comfort Zones, Influence, Judgment, Competition, Values* and what she refers to as *Nonsense*.

Arming the latest editions with richer content and a new section entitled *Time for You*, Maura Sweeney helps readers better direct themselves toward happiness.

"The world dictates to people rather than inviting them to look within," says Sweeney, who has made *Living Happy – Inside Out* both mantra and vocation. "People don't realize the introspection and courage it takes to achieve genuine happiness."

Happiness is fast becoming a nexus of thought in the U.S. and abroad and Maura stands at the vanguard of the movement. In addition to her books, blogs and podcasts, the author has lectured in seven foreign countries and has been featured over 200 times in the media.

Find Maura Sweeney's latest books in the *Art of Happiness* series at www.MauraSweeney.LinktoEXPERT.com or

[LinktoEXPERT](#). Download each one immediately for \$2.49.
Books on *Comfort Zones*, *Influence*, *Judgment*, *Competition*,
Values and *Nonsense* can be read in any order.

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