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Be Happy the 8-week Program The 8-week happiness program called Be Happy is the signature event of The Happiness Project. The program consists of group workshops, personal coaching, home learning modules, and daily e-mails.

[Be Happy!: Release the Power Of Happiness in You](#)
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Dr. Holden's book, "Be Happy: Release the Power of Happiness in You" is a companion piece to his eight-week course on happiness. As a Happiness Coach, I find this book a valuable tool to share with my clients. He covers topics from defining happiness, to the importance of forgiveness, to sharing your own gift of happiness with others.

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Encapsulating Dr. Holden's world famous techniques, this book shows you how to stop chasing happiness and start enjoying your life as it happens, create a happiness contract to undo mental and emotional blocks to happiness and success, learn to forgive old mistakes, accept the past cannot be changed and focus on being happy now, and use the power of happiness to bless your life and benefit others.

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Robert Holden's innovative work on psychology and spirituality has been featured on The Oprah Winfrey Show, Good Morning America, a PBS special Shift Happens! and in two major BBC-TV documentaries on happiness.

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