



Satisfaction: How To Be Content (Lifestyle & Home Book 1)

Dr. Harry Jay

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How to be Content – Satisfaction implies a quiet, peaceful life. The art of being content is elusive to most people. They want more; they want it NOW! Being contented describes being satisfied. What does content mean? Is the content definition centered around just you as an individual or does it encompasses and rely also on others and your surroundings and environment? Many pundits has offered quotes about contentment but most people would define contentment as more of an experience rather than a circumstance. We live in a world of entertainment and consumerism. How much is enough? When do we become satisfied and choose simply to live our lives? Behavioral scientist, Dr. Harry Jay provides you the insight into the art of satisfaction as well as the answers to all your questions. You will find yourself in this book; you will find the answers here too!

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