



# In Pursuit of Happiness: Knowing What You Want, Getting What You Need

*E. Perry Good*

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## **In Pursuit of Happiness: Knowing What You Want, Getting What You Need** E. Perry Good

If you want more out of life, this is a great place to start! How many of us truly find happiness or even know what it means? In this book, E. Perry Good explains what you can do if you want to have a happier life. Discover how basic psychological needs motivate all our actions and explore the four parts of your behavioral system. Once you learn to read your own internal signals, you can act responsibly to support these basic needs.

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