



# Shall We Dance? A Guide to Happiness

*Troy Wehmeyer, Erik Cooper*

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## **Shall We Dance? A Guide to Happiness** Troy Wehmeyer, Erik Cooper

Shall We Dance? is a blue print to your happiness – a detailed and reliable plan for achieving peace, contentment and satisfaction every day. This is what we call happiness! Our “Timeless Twenty Toolkit”© is packed with the tools you need to become aware of the value and power of your intention, motivation and focus to successfully navigate your life obstacles. You will learn to identify character strengths such as accountability, humility and humor and gauge how present or lacking they are in your relationships. We offer tips, techniques and journal exercises that will challenge you to expand your mental, emotional, physical and spiritual perspective for a healthy life.

The ideas and principles in the “Timeless Twenty Toolkit”© have been tested and applied over the past 30 years in our professions as a marriage and family therapist and as a sales executive, as well as in our personal lives. These principles work all of the time in all of our relationships!

We invite you to dance with us! It is our heartfelt and sincere intention to inspire you to see yourself as an equal partner with the variety of people who cross your path. We want the concept of the Timeless Twenty Toolkit© to ripple through your life and create change! We live these tools and want you to feel that same passion as well!

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Spent a free a chance to be fun activity to try and do! A lot of people spent their free time with their family, or all their friends. Usually they doing activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the reserve untitled Shall We Dance? A Guide to Happiness can be very good book to read. May be it can be best activity to you.

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