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Spiritual happiness or true happiness comes from love, positivity, forgiveness, honesty, good health, confidence, grace, and selflessness. We tend to search for happiness outside of ourselves not realizing that true happiness comes from within. I love material things and know that a good outfit can make anyone feel wonderful, but to rely only on a great outfit to make you happy and nothing else, you will never be able to experience true happiness. The happiness that is always constant and never fades is based on who we are as human beings. “Spiritual Happiness: True Happiness” revised edition teaches us how to be more content with life and to grow from within. We can always focus on the external as long as we never forget about the internal. My name is Sodline D. Ferdinand and it is my purpose in life to help people live rich and satisfying lives and become better versions of themselves not just by focusing on the external but the internal as well. I am very passionate about helping people improve themselves for I am also a work in progress. Bring joy into your life not by changing the world or changing other people but by changing yourself.

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