



# **The Inner Gym - The MyIntent Edition: A 30-Day Workout For Strengthening Happiness (Volume 1)**

*Light Watkins*

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THE INNER GYM is an “inner” workout program for fortifying the habits that are responsible for experiencing true happiness, from the inside-out. This MyIntent Edition offers wearable daily reminders to practice each inner exercise. More about the book: One of the biggest myths in our society is that you can simply choose to be happy whenever you want, even in spite of challenging circumstances. Or, that happiness is a byproduct of making more money, falling in love, or being successful. But modern research says this is an illusion, and that happiness is not sustained through achievements. Rather, happiness is the byproduct of several small habits that lead to the development of strong inner “muscles.”

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