



# Rethink Happy: An Entrepreneur's Journey Toward Finding Authentic Joy

*Doug Kisgen*

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Are you happy? Really?

Have you experienced business success and wondered if there is something more?

Have you figured out how to be successful at home as well as in business?

Do you struggle with finding time to think?

Have you learned how to make sense of setbacks and “bad things happening to good people”?

Cleve has it all. Or so he thinks. Until an apparent chance encounter with an old man named Camino causes him to realize that what he believes is happiness is merely a shadow of the joy he could experience.

Yes, having money and cool cars and freedom is fun, but happiness is not a result of accumulating stuff. Told in a compelling parable format, "Rethink Happy" challenges readers to redefine authentic joy. Join Cleve as Camino leads him on a journey through three key principles of old-school philosophy and new-school science toward understanding the secrets of living authentic joy.

Doug Kisgen hit rock bottom in the early 2000s when the business he was trying to grow took on so much debt that he and his family could barely make ends meet. It was then Doug realized that success and happiness has less to do with him and his ego and more to do with something much more profound. Since then, Doug has built and sold an INC5000 Fastest Growing Company and built a consulting business with clients in fifteen states across the US. "Rethink Happy" is Doug's latest entrepreneurial venture, and the concepts he teaches through a parable format combine old-school philosophy with a little new-school science to help readers learn how to achieve authentic joy.

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