

Should You Force Yourself to Be Happy?!?

written by Chaya Rivka Zwolinski
May 14, 2020



Happiness is extremely difficult to attain. Rebbe Nachman teaches us that we must do our best to bring happiness into our lives, even if we have to force it. Chaya Rivka Zwolinski explains.

To hear a Breslov audio mini-lesson daily, click on this [WhatsApp Invitation](#) and join the group.