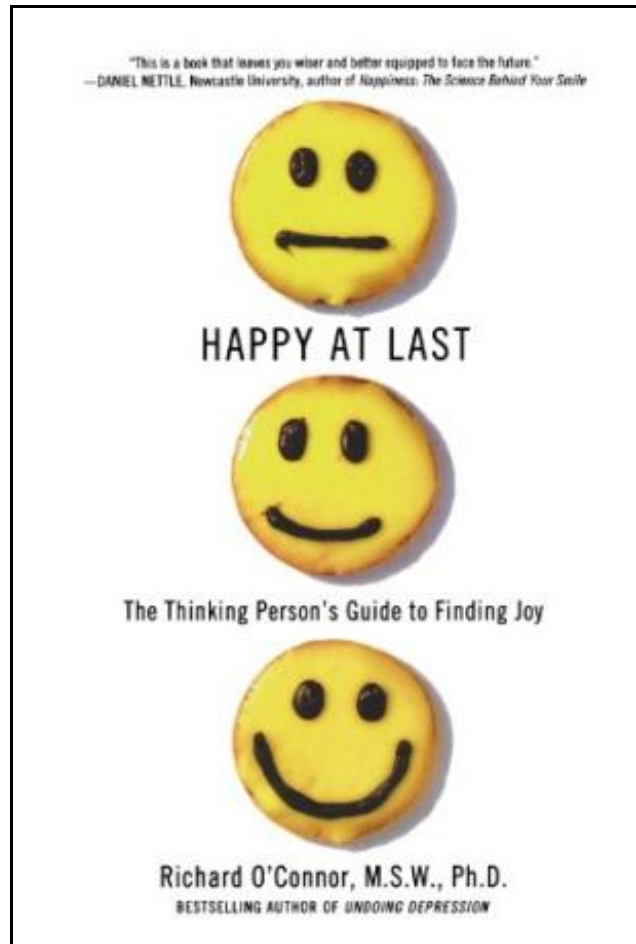


Happy at Last: The Thinking Person's Guide to Finding Joy



Filesize: 9.68 MB

Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better than never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Aliya Franecki)

HAPPY AT LAST: THE THINKING PERSON'S GUIDE TO FINDING JOY

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St Martin's Press. Paperback / softback. Book Condition: new. BRAND NEW, Happy at Last: The Thinking Person's Guide to Finding Joy, Richard O'Connor, Happiness has been written about by everyone from the Dalai Lama ("The Art of Happiness") to Daniel Gilbert ("Stumbling on Happiness"), but in "Happy At Last" Richard O'Connor takes a fresh look at what happiness is, why we are happy (or not) and how we can stay happy. How? He says we can rewire our brain to be more receptive to happiness by learning to control how our minds work. Drawing on the latest scientific and psychological research, and filled with practical advice and exercises, "Happy At Last" is the definitive guide to understanding: - The core skills that we need to feel fulfilled in today's world - Strategies for increasing happiness - Techniques for keeping sadness and stress at bay. Richard O'Connor makes it possible to be, finally, "Happy At Last!".



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