



The Book of Happiness: Brilliant Ideas to Transform Your Life

By Heather Summers, Anne Watson

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, The Book of Happiness: Brilliant Ideas to Transform Your Life, Heather Summers, Anne Watson, The acclaimed authors of The Book of Luck are back with some brilliant ideas for bringing more happiness into your life. The Book of Happiness is more than just a practical guide to improving your happiness levels. It's a complete makeover, aimed at putting a spring in your step, and a permanent lift to your spirits. We all know happiness is a state of mind, but few of us know how to improve our share of it. Many people think that happiness just comes out of nowhere. Not so. The reality is you can create your own happiness by choosing what you do, what you say, where you go, what you remember, who and what you surround yourself with, what you think and what you listen to. The Book of Happiness kicks off with a Happiness Questionnaire to give you an instant snapshot of your current state of mind. Once you have scored yourself, you will learn the areas you need to focus on. There is a workbook to complete at each key stage, as...



READ ONLINE
[4.09 MB]

Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**