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Happier: Can you learn to be Happy? (UK Paperback): Can you learn to be Happy? (Paperback)

By Tal Ben-Shahar

McGraw-Hill Education - Europe, Australia, 2009. Paperback. Condition: New. UK ed. Language: English . Brand New Book. Can You Learn to Be Happy? There are few self-help books more resolutely down to earth than Happier. Ben Shahar provides straightforward guidelines for integrating habits of gratitude and accepting negative emotions into daily life Observer, January 2012 YES . . . according to the teacher of Harvard University s most popular and life-changing course. One out of every five Harvard students has lined up to hear Tal Ben-Shahar s insightful and inspiring lectures on that ever-elusive state: HAPPINESS. HOW? Grounded in the revolutionary positive psychology movement, Ben-Shahar ingeniously combines scientific studies, scholarly research, self-help advice, and spiritual enlightenment. He weaves them together into a set of principles that you can apply to your daily life. Once you open your heart and mind to Happier s thoughts, you will feel more fulfilled, more connected . . . and, yes, HAPPIER. This fine book shimmers with a rare brand of good sense that is imbedded in scientific knowledge about how to increase happiness. It is easy to see how this is the backbone of the most popular course at Harvard today. - Martin E. P....



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