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

By Richard O'Connor

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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Reviews

It is an awesome publication which i actually have ever read through. it had been written really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin