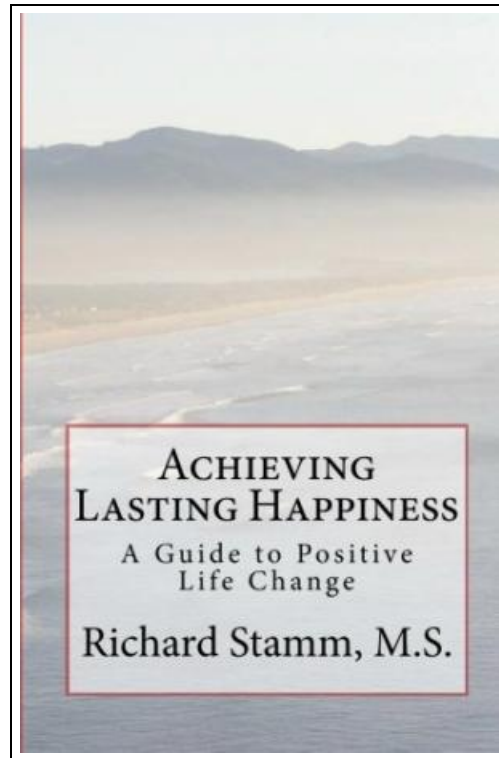


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(Prof. Maya Hand)

ACHIEVING LASTING HAPPINESS: A GUIDE TO POSITIVE LIFE CHANGE (PAPERBACK)



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Createspace, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.ACHIEVING LASTING HAPPINESS provides a broad-spectrum and yet targeted approach to addressing the emotional and practical issues which keep us from realizing happiness. Each chapter offers insights and practical techniques which blend the most salient aspects of current Western thought with time tested Eastern philosophy. Similarly, the material is not presented as a transient feel good book, but as something more enduring. To reinforce the concepts, each chapter either presents thoughts for reflection, or a simple structured exercise. A personal story or text from a counseling session may also be included to show others success using these techniques. Even though certain chapters may indeed make you feel good , the ultimate goal is to absorb the lessons which best fit your life circumstances, helping you cultivate long-term happiness. May your inner journey be filled with many riches and great reward.



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