



Paths to Happiness: 50 Ways to Add Joy to Your Life Every Day (Hardback)

By Edward Hoffman, PANTONE LLC

CHRONICLE BOOKS, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. From positive psychology expert Edward Hoffman, Ph.D., Paths to Happiness guides readers through 50 fun, stimulating, mind-opening ways to achieve greater joy and feel more fulfilled. From dabbling in watercolours to expressing gratitude, embracing nostalgia to power napping, each suggestion in these pages has been shown by scientific research to increase happiness and support well-being. Every topic is explored in a digestible manner and invites readers to reflect on their lives, with easy ways to cultivate a happier mindset. The easy dip-in, dip-out style and engaging activities make this accessible guide to finding happiness in daily living one that people will want to revisit again and again.



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Reviews

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).

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-- Justus Hettinger

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