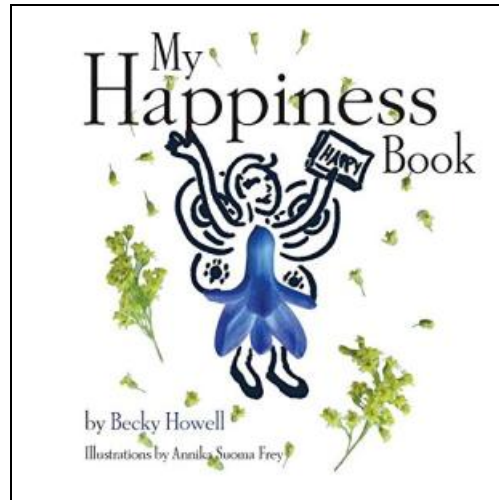


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Reviews




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MY HAPPINESS BOOK (PAPERBACK)



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Becky Howell, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book invites you on a magical quest to find your own philosopher s stone. This mysterious substance bestows youth, keeps age at bay, is renewing, personal, precious, and makes you feel rich. What could this be? Your own, self-created happiness! Join author and My Happiness Workshop facilitator, Becky Howell, as she brings different perspectives and shares some of her biggest realizations around the crazy idea that happiness is absolutely attainable! My Happiness Book is not only a wonderfully illustrated, delightfully written discussion on happiness, but is so uplifting that the very reading of it is bound to inspire smiles in its audience. Brian King, Psychologist, Comedian and Author of The Laughing Cure Howell asks powerful questions to help you to create your own definition of happiness- What is happiness? Where does the idea come from? Is there one definition of happiness for everyone? Are you ready to think about what really makes you happy? How do we create a happy life? The beautiful illustrations combining art and nature, by artist Annika Suoma Frey, make this powerful discussion on happiness an even greater joy! From Buddhism and psychology to comedy and mindfulness, this book is a thorough and loving look at the idea of happiness. Part adult picture book and part self-help manual, Howell effortlessly bridges the gap between entertainment and deep thought.

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