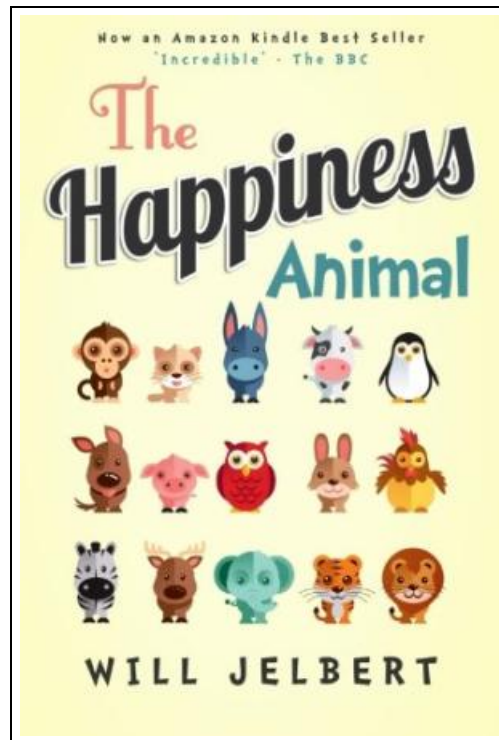


The Happiness Animal



Filesize: 2.42 MB

Reviews

I just started off looking over this ebook. It is actually loaded with wisdom and knowledge Its been developed in an remarkably simple way in fact it is simply after i finished reading through this book where basically modified me, modify the way i believe.
(Josie Koch IV)

THE HAPPINESS ANIMAL



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Summary: Will Jelbert had a well paid job, a beautiful wife, a luxury apartment overlooking Sydney harbour, but he wasn't happy. His languishing life of discontent came to an abrupt end when his head hit the sidewalk of a Sydney street, shattering his face and splitting his jaw in half. After a full facial reconstruction, months of taking meals through a straw, and a year of suffering from PTSD, depression, anxiety, OCD and paranoia exacerbated by alcoholism, Jelbert decided to dedicate the next three years to his own happiness research project. He began to discover that happiness was not about the money, the luxuries, beauty or even comfort. It was about 5 basic principles: Honesty, Kindness, Tolerance, Awareness and Courage. These principles are as old as religion but it took Jelbert three years to test the pattern against both the latest science, his own experience, and the philosophy of the ages, after which he started developing a series of exercises that helped him - and then others - strengthen the muscles for happiness. The 25 exercises that Jelbert evolved from the latest research in the burgeoning field of applied positive psychology, are simple steps that can easily be incorporated into our busy schedules without having to make extra time. Among other things, we find that anticipating when someone is looking for the wifi code in the caf, providing a stranger with a tissue, and expressing our resentments very specifically can all strengthen our spirit and improve the health of our Happiness Animal. The smallest changes to how we communicate and interact with others can make the biggest difference. Keywords: Happiness Book Book of Happiness Exercise Guide Book on Happiness Happiness Being Happy Happiness Psychology Books on Happiness Books about Happiness Positive Thinking Depression...



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