



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

This published publication is wonderful. Of course, it is actually engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Vickie Wolff**

This book could be worthy of a read through, and a lot better than other. It can be full of knowledge and wisdom I am just happy to tell you that here is the best book we have read through inside my personal lifestyle and could be he finest pdf for ever.

-- **Miss Concepcion Gusikowski DDS**