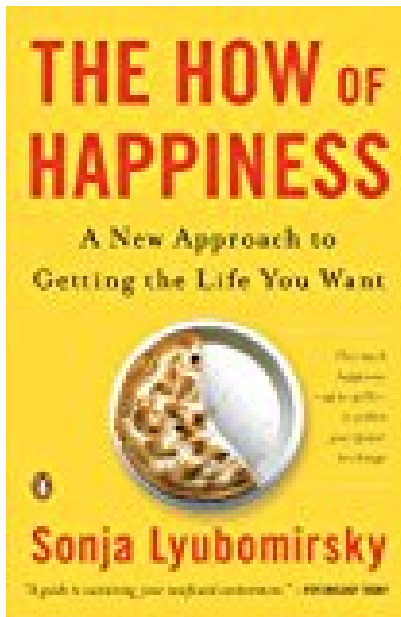


The How of Happiness A New Approach to Getting the Life You Want



BOOK DETAILS

- Author : Sonja Lyubomirsky
- Pages : 384 Pages
- Publisher : Penguin Books
- Language : English
- ISBN : 0143114956

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BOOK SYNOPSIS

Drawing on her own research with thousands of people, psychologist Lyubomirsky has pioneered a detailed yet easy-to-follow plan to increase happiness in our day-today lives--in the short and long term. This book that offers a guide to understanding whath

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