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## Happy at Last: The Thinking Person's Guide to Finding Joy

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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

*It is just one of the best publications. This can be for anyone who states that there was not a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

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