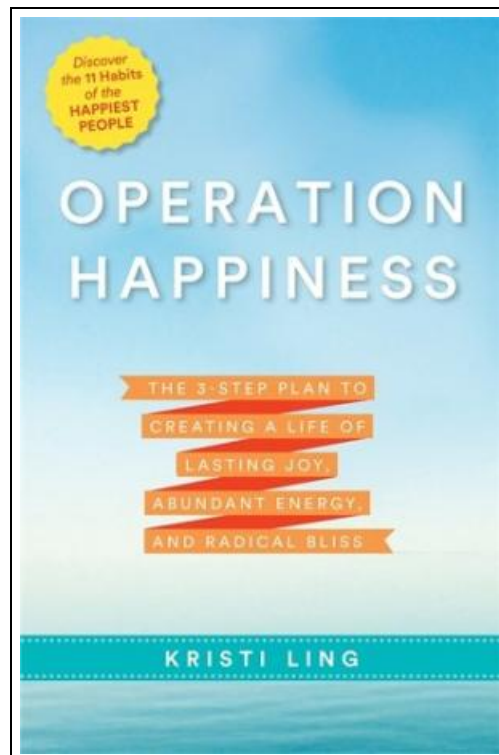


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Rodale Books, 2016. Condition: New. After experiencing multiple devastating events, Kristi Ling spent years studying the science of happiness and focused on identifying and testing specific emotional support tools. She discovered something that goes against everything we've been lead to believe about happiness: it isn't just something you feel; it's something you do. Num Pages: 288 pages. BIC Classification: VS. Category: (G) General (US: Trade). Dimension: 150 x 222 x 27. Weight in Grams: 452. . 2016. Hardcover.

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