

## Get Happy!: Lessons in lasting happiness (Hardback)



Filesize: 2.37 MB


### ***Reviews***

*Without doubt, this is the very best operate by any writer. This is for all those who statte that there was not a well worth reading through. I discovered this pdf from my dad and i suggested this book to find out.*  
***(Dominique Huel)***

## GET HAPPY!: LESSONS IN LASTING HAPPINESS (HARDBACK)



HARDIE GRANT BOOKS, Australia, 2015. Hardback. Condition: New. Language: English . Brand New Book. When did you last give someone a heartfelt compliment? Do you take time to count your blessings? By showing how to reflect on yourself and your surroundings in new ways, Get Happy will help you to reveal the bigger picture. These practical, simple tips will motivate you to find your way to happiness that lingers. The author, psychologist Anthony Gunn, draws on his experience to bring together quotes from international thinkers and inspirational tips to illuminate the path to happiness. A sample from the book: Finding happiness in discomfort If habituation causes us to get used to things quickly, what is the answer to finding lasting happiness? Research shows that variety is the best defence against habituation. A good way to achieve this is by stepping out of comfort zones, such as trying a new sport, meeting new people, going to new places, learning new skills, or furthering your education. Every time you step out of a comfort zone, you re forced to grow as a person. Make yourself the focus of change instead of changing objects around you and watch your happiness soar. `Nothing builds self-esteem and self-confidence like accomplishment. Thomas Carlyle. Give a compliment Making someone else happy can make you feel great. Give someone you know a compliment. Seeing their happiness will be contagious. If they are the type who won t accept compliments and give responses like, Anyone could bake a cake like mine , then you need to get under their guard. A clever way to get past these defences is by passing on a compliment from someone else. For example, Sally was raving about your chocolate cake last night. It s harder to knock back a compliment that way as...

-  [Read Get Happy!: Lessons in lasting happiness \(Hardback\) Online](#)
-  [Download PDF Get Happy!: Lessons in lasting happiness \(Hardback\)](#)

## You May Also Like



**Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Download Book »](#)



**Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet**

14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you ever told a little white lie? Or maybe a...

[Download Book »](#)



**The Hen Who Wouldn t Give Up**

Egmont UK Ltd, United Kingdom, 2014. Paperback. Book Condition: New. Paul Howard (illustrator). Reprint. 196 x 128 mm. Language: English . Brand New Book. A heart-warming story about a hen with as much pluck as...

[Download Book »](#)



**Self Esteem for Women: 10 Principles for Building Self Confidence and How to Be Happy in Life (Free Living, Happy Life, Overcoming Fear, Beauty Secrets, Self Concept)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Self Esteem for Women 10 Principles for building self confidence and how to...

[Download Book »](#)



**What is in My Net? (Pink B) NF**

Pearson Education Limited. Book Condition: New. This title is part of Pearson's Bug Club - the first whole-school reading programme that joins books and an online reading world to teach today's children to read. In...

[Download Book »](#)